

## E-NEWSLETTER

ACT Multicultural Community

Edition 7

8 April 2020

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

We encourage readers to check: <https://www.covid19.act.gov.au/home> website for the latest news and update on the COVID19 Health Emergency.

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).

Thank you

Office for Multicultural Affairs  
Community Services Directorate

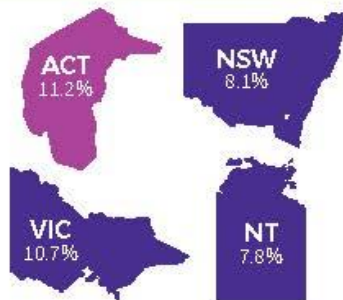
GETTING TO KNOW THE ACT

# MULTICULTURAL COMMUNITY PROFILE

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

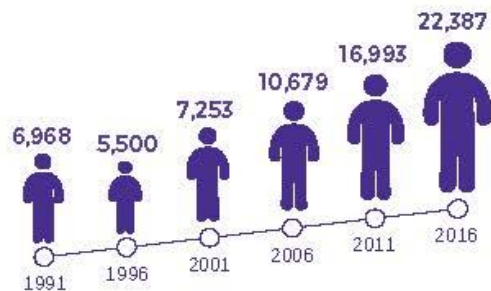
Here are some demographics to help understand who we are and how we compare with the rest of Australia.

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



GROWTH FROM 2011 TO 2016

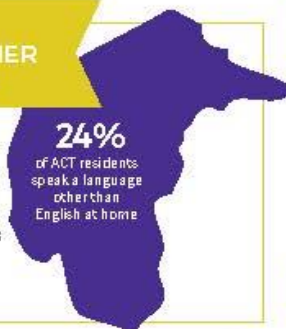
The proportion of ACT residents born overseas was 26.5% in 2016, up from 24% in 2011. Many of the ACT's overseas born residents are relatively recent arrivals. In fact, over 26,000 have arrived in Australia since the beginning of 2011. The most commonly reported countries of birth outside of Australia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

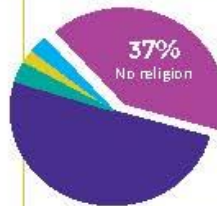
ACT residents born in countries where English is not the main language are relatively highly educated. 50% of them have a bachelor degree or higher, compared to 36% of those born in Australia.



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.



ACT

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



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## GRANTS AND AWARDS

### What is the Women's Return to Work Grants Program?

The Program provides practical financial support to women returning to the workforce by providing funding for them to attend short courses, pay for childcare to attend interviews, as well as undertake more formal training or education.

It may also provide support for the purchase of equipment or clothing directly related to women who are on low incomes including Aboriginal and Torres Strait Islander women, women from culturally and linguistically diverse backgrounds, women with disabilities, younger women and older women requiring assistance in returning to paid work following caring for a child/ family member or community member for more than 12 months in the period of their lives.

Each grant provides up to \$1000 (GST exclusive) in assistance for women enrolling in training or other employment associated costs that will improve their workforce skills or capacities.

For more info visit the [Return to Work Grants Program guidelines](#).

### Youth InterACT Scholarship

The Youth InterACT Scholarships provide funding of up to \$500 for individual young people aged 12 to 25 who wish to attend an activity of a learning capacity, sporting, conferences, personal or career development through participation in various activities, events or courses.

Applications are assessed by a scholarship committee on the last Friday of every month.

Applications will need to be received into the office 14 days prior to the committee's meeting dates otherwise they will not be considered.

For further information telephone: 6205 3064 or visit the [website](#).

## ACT GOVERNMENT NOTICES

### New Do not touch, pick or eat any wild mushrooms!

Death Cap mushrooms are one of the world's deadliest mushrooms and can be currently be 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.

## New Theo Notaras Multicultural Centre Meeting Rooms Closed

For community safety, in response to these challenging times, The Theo Notaras Multicultural Centre Function Room, West Wing Meeting Room, Harmony Training Room, Diversity Meeting Room and Commercial Kitchen are closed until further notice.

## 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.

## New 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 via the ParentLink website [www.parentlink.act.gov.au](http://www.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)

## COMMUNITY NOTICES

### New Services for Multicultural Seniors in the ACT

The Multicultural Communities Council of Illawarra Inc (MCCI) is an accredited provider of community-based care services for people over the aged of 65 now operating in the ACT and Queanbeyan areas. For over 45 years, MCCI has been supporting culturally diverse seniors, carers, and communities throughout NSW and the ACT. As a specialist multicultural home care service for seniors, our diverse team of 130 staff and volunteers speak a combined 36 community languages. During the current coronavirus pandemic, MCCI's seniors group services are currently suspended; however, several home-based services remain open for seniors over 65 who require assistance to maintain their independence at home, including: Home

Care Package support, domestic assistance, personal care, flexible respite, and individual social support. A small fee applies to most services. Contact us via our website: [www.mcci.org.au](http://www.mcci.org.au) or via email: [admin@mcci.org.au](mailto:admin@mcci.org.au).

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

## New A Conversation for everyone – Advanced Care Planning

The Health Care Consumers' Association provides information on Advanced Health Care Planning (also known as Living Will, Enduring Power of Attorney, Statement of Health Choices, Advance Directive and Health Care Directive) on our website <https://www.hcca.org.au/consumers/advance-health-care-planning/>.

Due to the current COVID situation we are no longer running group talks but we can have a phone conversation and send resources by email. We intend to run group sessions on the internet soon. **For more information:** please contact Yelin Hung on 0413 922 184 or email [yelinhung@hcca.org.au](mailto:yelinhung@hcca.org.au)

## New CONSUMER SURVEY – consumer experiences in finding information about COVID-19 (Coronavirus)

The Health Care Consumers' Association (HCCA) have developed a survey to help us, and our health system, to provide consumers in the ACT (and surrounds) with the information you need during the COVID-19 (Coronavirus) pandemic.

In the survey, HCCA wants to find out:

- where people are looking for information about COVID-19,
- whether you are finding the information you need,
- whether your questions are being answered, and
- what questions you have that are not being answered.

The survey link will be available from 10am Thursday 9 April and will close at 8am Tuesday 14 April. The survey should take less than 4 minutes to complete. It can be accessed through:

- HCCA's Facebook page: <https://www.facebook.com/HCCA.ACT>
- HCCA's website: <https://www.hcca.org.au/policy/consumer-information-about-covid-19/>

The results from the survey will be analysed and provided to [ACT Health](#), [Canberra Health Services](#) and [Capital Health Network](#).

HCCA really appreciates you sharing the survey through your networks. Communication is critical to how we deal with the Coronavirus. We need to know what information people need to feel they can make good decisions on how to respond to these challenging and stressful times.

## New Multicultural Employment Service (MES) ACT

**During this current COVID-19 pandemic, we have changed the way we are supporting clients. Our wonderful staff are still working from our office to ensure that we are able to assist, however we do ask that you contact us via phone as we have implemented strict social distancing rules to keep ourselves and clients safe.**

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](#)

**Email:** [info@mes.org.au](mailto:info@mes.org.au)

**Telephone:** 6100 4611

## New Multicultural HUB Canberra

**During this current COVID-19 pandemic, we have changed the way we are supporting clients. Our wonderful staff are still working from our office to ensure that we are able to assist, however we do ask that you contact us via phone as we have implemented strict social distancing rules to keep ourselves and clients safe.**

We understand that a number of our clients need extra support during this time. If you require assistance with emergency food relief, please contact our office.

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.

MULTICULTURAL WOMEN'S SERVICE - case management and support for multicultural women including individual case management, information and referrals, networking and group activities and community development.

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

## Gungahlin Mosque Canberra Muslim Community (CMC) is Closed

A firm reminder that the Gungahlin Mosque is closed to ensure we are compliant with the Government's COVID -19 directives regarding social distancing and non-essential gatherings, noting that with construction taking place we already have maximum permitted people on site. Accordingly, please refrain from praying even in the outside area. Your presence at the Masjid unnecessarily could lead to fines for not only yourself but also the Masjid and the contractors. We pray to Allah (SWT) to ease this situation very soon.

## 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.

The Fatwa of the Australian Fatwa Council circulated by Sheikh Shady Al Sulaiman, Chairman, Australian National Imams Council:

"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."

"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 and the Centre will be totally locked down as effective from 19 March 2020 and 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.

## 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).

## 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)

## Fitness Courses available at Weston Creek Community Centre

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

**Date:** Various classes held every day

**Time:** Various times

**Where:** Weston Creek Community Centre

**Cost:** Price for all classes available from front office | phone 6288 1144

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

## Saver Plus

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

Saver Plus offers:

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

Participants make regular deposits towards a savings goal over a 10-month period and attend workshops to build their financial management skills. When participants reach their savings goal, ANZ matches the

amount – up to \$500 – towards education costs including uniforms, text books, laptops, sports equipment, music tuition, TAFE or apprenticeship costs, and much more.

**Date:** Ongoing

**Where:** Throughout ACT and Queanbeyan

**Cost:** Free event

**More Info:** Contact on 0448 730 305 | Email [kathleen.watson@thesmithfamily.com.au](mailto:kathleen.watson@thesmithfamily.com.au)

## 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](#)