

E-NEWSLETTER

ACT Multicultural Community

Edition 13

2 July 2020

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

The ACT Government established a new dedicated website on COVID-19. The new website www.covid19.act.gov.au is a single point of truth for everything you need to know about COVID-19 in the Canberra region.

The website is updated regularly as information evolves. We welcome your feedback and how we can continue to make our information easier for you to access.

There is also a subscription feature so make sure you sign up to receive regular email updates on COVID-19 .

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

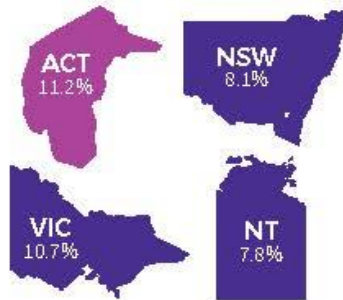
GETTING TO KNOW THE ACT

MULTICULTURAL COMMUNITY PROFILE

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

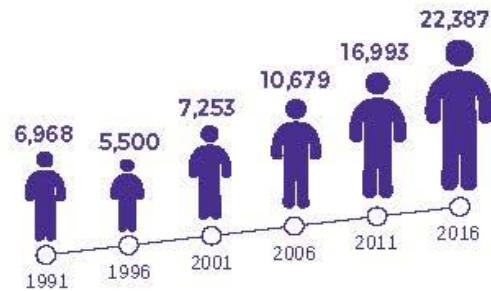
Here are some demographics to help understand who we are and how we compare with the rest of Australia.

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



GROWTH FROM 2011 TO 2016

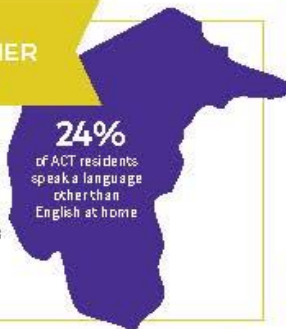
The proportion of ACT residents born overseas was 26.5% in 2016, up from 24% in 2011. Many of the ACT's overseas born residents are relatively recent arrivals. In fact, over 26,000 have arrived in Australia since the beginning of 2011. The most commonly reported countries of birth outside of Australia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

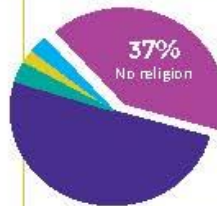
ACT residents born in countries where English is not the main language are relatively highly educated. 50% of them have a bachelor degree or higher, compared to 36% of those born in Australia.



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

Grants and Awards	5
New COVID-19 Mental Health and Wellbeing Innovation Grants Program (MHWIGP).....	5
New Grants to enable young women aged 12 -18 to Dream, Believe, Achieve is now open!.....	5
Nominate your multicultural champions for 2020 ACT Multicultural Awards.....	6
The Youth InterACT Scholarships	6
What is the Women's Return to Work Grants Program?	7
ACT Government Notices	7
New Theo Notaras Multicultural Centre has re-opened	7
New Call out for ACT Australian of the Year nominations	8
New ACT Health study – can you help?	8
New Connect in Canberra information hub now available!	8
RISE Canberra Calendar online - Your new home for experiencing local events -Where You Are Festival EOI process open.....	9
The Women's Health Service.....	9
Libraries ACT branches are open from 2 June.....	10
New dedicated Libraries ACT Digital Helpline	11
Online Kids Programs from Libraries ACT	11
Do not touch, pick or eat any wild mushrooms!.....	11
Overseas Qualification Assessment.....	12
ACT Diversity Register	12
ParentLink – Informing, Supporting, Connecting	13
Community Notices.....	13
New Karen and Farsi/Dari Language volunteers, Red Cross HSP	13
Online wine tasting – Premium wine night.....	14
A conversation for everyone: Advance Care Planning	14
Taste of Language Competition	15
Novel Coronavirus (COVID-19) community update from the Department of Home Affairs, Community Engagement ACT	15
Department of Home Affairs - Launch of Rapt! Instagram page.....	16
Energy Made Easy website is now even easier.....	16
Creating an Inclusive Narrative project: Monthly roundtables now online	17
Videos, posters and audio recordings in 28 languages – keeping safe from coronavirus.....	17
Adult Migrant English Program (AMEP)	17
Services for Multicultural Seniors in the ACT	18

A Conversation for everyone – Advanced Care Planning	19
Multicultural Employment Service (MES) ACT	19
Multicultural HUB Canberra.....	19
Shop with a refugee run business to help refugees build a new life.	20
Give A Young Carer A Brighter Future	20
Saver Plus	21
Can You Help Promote Careers as a Translating and Interpreting Service (TIS) National Interpreter?	21
Department of Home Affairs- Free Interpreting Service	21
Department of Home Affairs - Free Translating Service.....	22
Ethnic Interpreters and Translators	22
TPV and SHEV Guide – Translations are now available	22

GRANTS AND AWARDS

New COVID-19 Mental Health and Wellbeing Innovation Grants Program (MHWIGP)

Are you keen to contribute to the mental health and wellbeing of Canberrans and their local community as we recover from the impacts of COVID-19? Do you have great ideas on ways to improve people's mental health and wellbeing during the COVID-19 health crisis?

The ACT Government is seeking applications from organisations, groups and individuals that have 'outside the box', innovative, creative and effective ideas to support the mental health and wellbeing of the community as it rebuilds from the impacts of the pandemic.

How can you and your team, organisation or community get involved to help to build resilience, increase social connection and support people to cope a little bit better and smile a little bit more? Think "new", "fresh" and "focus" on how we can be better together!

There is up to \$350,000 in funding available to support initiatives of up to 12 months in length. There are two distinct grants streams:

- The **Organisation Grants Stream**, which has a total of \$300,000 available for eligible applicants that have the capacity and ability to reach larger numbers of people in the ACT community. Under this stream, organisations can apply for between \$10,000 and \$75,000; and
- The **Community Grants Stream**, which has a total of \$50,000 available for programs and activities for more localised groups such as neighbourhoods, local communities or groups that have common interests. Under this stream, eligible applicants can apply for up to \$10,000.

Don't forget, all ideas and resources need to fit with essential social distancing requirements as they change, while building resilience and connectedness at the same time.

Applications can be submitted from midday on Monday 29 June 2020 and the closing date is midday Friday 17 July 2020.

For more information, including accessing the application form and funding guidelines, please visit the ACT MHWIGP's webpage at www.health.act.gov.au/mentalhealth

New Grants to enable young women aged 12 -18 to Dream, Believe, Achieve is now open!

The **Enrichment Grants** provide young women with an opportunity to realise their dreams in a collaborative relationship with a mentor.

Young women aged between 12 and 18, residents of the ACT or undertaking education in the ACT are eligible to apply. The program provides one off grants of up to **\$2,000** to support young women to **achieve a project in their area of interest.**

The **Enrichment Grants** are a component of the **Audrey Fagan Program** established in 2007 to honour former ACT Chief Police Officer Audrey Fagan's contribution as an inspirational leader and mentor for young women.

For more information on the grants program visit:

http://www.communityservices.act.gov.au/women/grants_and_awards

Or phone **ACT Office for Women** on **6205 1075**

Applications close on 28 August 2020

Nominate your multicultural champions for 2020 ACT Multicultural Awards

Do you know any multicultural champions?

It's time to get your nominations in for the 2020 ACT Multicultural Awards.

We are looking to acknowledge both individuals and organisations for their great work promoting inclusion, harmony and cohesion and making Canberra a more welcoming city for everyone.

Nominations will be accepted in four categories:

1. **ACT Multicultural Individual Champion Award;**
2. **ACT Community Organisation (Multicultural Champion) Award;**
3. **ACT Outstanding Excellence Award for Diversity and Inclusion; and**
4. **ACT Multicultural Arts, Media or Culture Awards.**

Nominations close 12.00 midday on 30th July 2020.

For information about the awards or how to nominate, visit:

https://www.communityservices.act.gov.au/multicultural/multicultural_awards

Or contact the ACT Office for Multicultural Affairs on 6207 3011 or via email at:

CommunityParticipation@act.gov.au

The Youth InterACT Scholarships

The Youth InterACT Scholarships are available to support young people to stay engaged and connected, they provide funding of up to \$500 for young people to participate in an activity, event or program. This may include online mental health, self-improvement programs or skills-based learning courses and training that enhance personal or career development. This scholarship may also help cover resources, equipment and materials to stay engaged in learning and personal development.

These Scholarships are based on encouraging young people to enhance their professional and personal development through participation in various activities or events. This is central to the way in which Youth InterACT Scholarships are administered.

Community organisation are also permitted to apply on behalf of an individual and auspice the funds on a young person's behalf.

For further information relating to Youth InterACT Scholarships please contact the Youth Engagement team on 62053064 or via email youthinteract@act.gov.au. Forward applications to youthinteract@act.gov.au

For more Info: www.communityservices.act.gov.au/youth/recipients/guidelines

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: <https://www.communityservices.act.gov.au/women/return-to-work-grants-program>

ACT GOVERNMENT NOTICES

New Theo Notaras Multicultural Centre has re-opened

We are pleased to inform you that the Theo Notaras Multicultural Centre (the Centre) is open.

Are you looking to host an event or meeting?

We are accepting community and public bookings for events and meetings for the rest of 2020, check the calendar on our website.

We have enhanced our existing cleaning and monitoring measures to keep all visitors to the Centre safe.

The commercial kitchen will continue to remain closed until further notice.

Centre hours:

Monday to Saturday: 8.00am to 7.30pm

Sunday: 8.30am to 4.30pm

For information to make a bookings: Please check the online calendar at:

https://www.communityservices.act.gov.au/multicultural/multicultural_centre/centre-calendar.

More Info: multiculturalcentre@act.gov.au

New Call out for ACT Australian of the Year nominations

You are encouraged to nominate an outstanding Canberran for the 2021 ACT Australian of the Year Awards. The awards celebrate people who are great at what they do, contribute to our society and inspire those around them. They could be quiet achievers, community members, leaders in their field, household names or unknown heroes.

This year, we have seen many great Canberrans contribute to our nation. This is the perfect opportunity to recognise them on a national level.

Nominations can be made online at www.australianoftheyear.gov.au.

Nominations close on 31 July 2020.

New ACT Health study – can you help?

We are writing to you to let you know about a new study ACT Health is planning to conduct and are seeking your help to promote it through your networks. 8

Through the *Checking in with CBR* study, we hope to gain a better understanding of the impact of the COVID-19 pandemic on our community's health and wellbeing.

The study is open to ACT residents aged 16 years and over and will take place over several weeks. Participants will receive a series of short surveys approximately twice a week for the duration of the study. The surveys will include questions about health and wellbeing, mental health and access to health services.

We would love it if you could promote the study through your communication channels to encourage as many Canberrans to take part as possible. The more people we can get to participate in the study, the more reliable our data will be. This is important because there is little ACT specific data looking at the broader health and wellbeing impacts of the COVID-19 pandemic. It's also an opportunity for you to tell us what other data would be useful to help paint a more complete picture of what is happening in our community during the pandemic.

Initial results from the study will be published on the HealthStats ACT website approximately two weeks after each survey closes. We encourage you to keep an eye on the HealthStats ACT website during the study period and share the findings with your networks.

If you are interested in helping us promote the study to Canberran's aged 16 years and over, please get in touch. We are happy to work with you on social media posts, news articles and/or web content. Any questions about the study can be sent to Alex, Glenn, Louise and Sommer at healthinfo@act.gov.au.

New Connect in Canberra information hub now available!

Connect in Canberra is an information hub to help you stay in the loop, keep connected, be part of your community and get assistance and support if you need it. We've pulled together information from across Government and the community in a range of areas, from finding the right support to getting involved in your community to keeping occupied and active.

You can access the Connect in Canberra website here:

<https://www.communityservices.act.gov.au/connect-in-canberra>

We want Connect in Canberra to be a really useful resource for our community. If you are aware of any information, resources or events that you think we should share through the Connect in Canberra information hub we want to hear from you. You can email the team at canberracares@act.gov.au.

RISE Canberra Calendar online - Your new home for experiencing local events -Where You Are Festival EOI process open.

It's been a challenging few months for the events sector, but many organisers have taken an innovative approach and are providing, or planning to provide, interesting and engaging experiences for the Canberra community while physical distancing requirements of COVID-19 are in place.

RISE Canberra will support the sector and the businesses which rely upon it by supporting and promoting the organisation and delivery of events in the wake of COVID-19.

RISE Canberra will be delivered through two elements, the **RISE Canberra Calendar** and the **Where You Are Festival**.

The **RISE Canberra Calendar** will be the central point of contact to keep the community connected, while event and activity organisers can promote services and experiences from local Canberra businesses, artists and organisations on the Calendar. Submissions for inclusion on the Calendar can be lodged through the website RiseCanberra.com at any time.

Under the umbrella of RISE Canberra, the **Where You Are Festival** will deliver a program of exciting and vibrant cultural experiences which can be enjoyed 'Where You Are', while restrictions on mass gatherings are in place.

Canberra's innovative creators and organisations now have the opportunity to apply for funding from the **Where You Are Festival** through an Expression of Interest process, open now. Content will also be commissioned that will provide new opportunities to connect through events and activities. The Festival will launch on 10 July 2020 and be rolled out over the following two months.

For more information, go to RISECanberra.com to see the **RISE Canberra Calendar** and guidelines for listing on the Calendar. To find out more about the **Where You Are Festival** EOI process go to the **Where You Are Festival** page on RISECanberra.com.

The Women's Health Service

The Women's Health Service offers free nursing and medical services to vulnerable women in the ACT and surrounding region using telephone, telehealth and limited short face to face consultations. The service is for women only and is provided by women.

Time and Day: 9:00am to 4:30pm - Monday to Friday (excluding public holidays)

Where: Level 1, ACT Health Building, 1 Moore Street, Canberra City

Cost: Free event

More Info: Phone: 5124 1787 Email: womenshealthservice@act.gov.au

Libraries ACT branches are open from 2 June

From Tuesday 2 June, all our libraries are open and operating regular hours. Some services are limited or changed so we can meet mandated restrictions.

We're pleased to be able to take this first step towards reopening our libraries, but still need to take precautions to protect the community and our staff and ask library users to follow important conditions.

Please keep your visit short (under 30 minutes). Physical distancing measures and building capacity limits will apply. If the library reaches its capacity, you will need to wait for someone to leave before you can enter. You must practice good hygiene and use hand sanitiser when entering.

Library staff will provide help, but only within physical distancing requirements.

You will be able to:

- Use computers. You must make a pre-arranged booking (phone 6205 9000). There will be a maximum of 30 minutes per person per day.
- Visit the library to browse the shelves and borrow items.
- Collect reserves when notified they are allocated to you and ready to be picked up.
- Return items.
- Contact the ACT Heritage Library by web form or phone for heritage library enquiries.

You will not be able to:

- Sit or study in the library. Seating will only be available for pre-arranged computer bookings.
- Make cash payments. A maximum of 20 pages printing/photocopying per person per day for free will be provided.
- Ask library staff to help you at computers, because this doesn't meet physical distancing requirements.

Please do not visit the library if you are feeling unwell or have been in close contact with someone confirmed to have been infected with COVID-19 and was contagious at that time.

Services that remain suspended for now include:

- Library programs – we will continue to provide online programs
- Room hire
- Volunteering
- Home Library Service
- Book clubs
- Seniors cards

Library members can continue to access eBooks, eAudio, digital magazines, Story Box Library and other digital resources here on our website using their username/membership number and passphrase. If you need help using digital resources, or to join the library online, phone our digital helpline 6207 7265.

More Info: <https://www.library.act.gov.au/home>

New dedicated Libraries ACT Digital Helpline

In response to the growing demand for their FREE digital resources, Libraries ACT launched a new dedicated helpline, available 9.30 am to 5 pm, Monday to Friday (except public holidays).

Get easy access to eBooks, eAudiobooks, digital magazines, literacy games, language learning and online databases. You can also stream children's stories, movies and documentaries, or download and stream music. All for FREE!

With close to 18,000 eBooks and more than 9,000 eAudiobooks, there's something for everyone.

If it's your first time using the library online or you just need some extra help accessing online resources, give the Libraries ACT Digital Helpline a call on 6207 7265 and one of their friendly staff will help step you through what to do.

In addition to providing over-the-phone support, the helpline team will also develop new online information (such as how-to-guides) to further aid customers with their digital resource access needs. This information will be made available on the Libraries ACT website, www.library.act.gov.au

Online Kids Programs from Libraries ACT

Libraries ACT is excited to bring you two of our most popular kids' programs online until our branches reopen: Giggle & Wiggle Online and Online Story Time. You can find links to watch them on the [library website](#).

New Online Story Time videos will be shared every Monday, Wednesday and Friday morning with our library staff sharing some of their favourite Australian picture books.

A new Giggle & Wiggle Online video will be added every Monday morning. Sing and dance along and share a great Australian picture book. Watch and repeat, the repetition helps young kids with their language learning.

Thank you to the Australian Society of Authors, Australian Publishers' Association and the Australian Library and Information Association for allowing us to bring stories to you in this way. All songs used are in the public domain.

You can also use your library membership to access all our [Kids eResources](#), including Story Box Library for other great Australian story videos online.

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.

Overseas Qualification Assessment

Do you have overseas qualifications?

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

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.

COMMUNITY NOTICES

New Karen and Farsi/Dari Language volunteers, Red Cross HSP

The Humanitarian Settlement Program offers vital support to refugees and humanitarian entrants settling in Australia, including one-on-one casework, basic household goods, orientation and housing support. It also includes practical support like helping our client's link with Centrelink, Medicare, schools and other local services.

As a Humanitarian Settlement Program (HSP) Karen or Farsi/Dari Language Support volunteer you will play a key role in assisting clients with their settlement into their local community. Aligned with the HSP orientation outcomes, volunteers can assist through office-based support tasks or community-based tasks to support the settlement of clients. HSP volunteers are friendly, accepting and flexible individuals, who are motivated to support the learning and comfortable settlement of newly arrived refugees. The tasks within the program are supported by the Red Cross caseworkers and Volunteer Engagement Officer. Training and ongoing development opportunities are offered as part of these roles.

- Date:** Based on need/flexible during the week
- Time:** 1-4 hrs per fortnight (based on need/flexible)
- Where:** Red Cross Diversity House, Garran or various locations in Canberra
- Cost:** Event free or charged.
- To book:** Apply for the role at <https://www.redcross.org.au/get-involved/connect/volunteer>
- More Info:** Contact Danielle Sweetman, VEO at 0414 922 150 or dsweetman@redcross.org.au

Online wine tasting – Premium wine night

The Alliance Française de Canberra and French Flair wine importers offer you a NEW selection of 3 different French wines plus complimentary live online wine tasting class on July the 2nd, 5.30-6.30pm. Come taste the Shiraz by which all others are measured!

Have the wine delivered to your door and then let Christophe Rebut, French wine expert, talk you through a tasting. Christophe has carefully selected three wines from this celebrated region. You will learn why these wines command a higher priced and how to taste the difference in quality yourself.

This edition includes the 3 following wines (1 or 2 bottles of each):

2017 Saint Joseph Blanc, Aurélien Chatagnier

2017 Crozes Hermitage Mise en Bouche, Emmanuel Darnaud

2017 Saint Joseph Rouge, Aurélien Chatagnier

Then, click on the link sent to you by email to join Christophe on Zoom and be introduced to the wines.

Bonne dégustation !

Date: 2 July 2021

Time: 5.30pm to 6.30pm

Where: Online

Cost: \$175 (3 bottles in total) or \$320 (6 bottles)

To book: 3 bottles: https://www.afcanberra.com.au/community/event-rsvp/?event_id=585

6 bottles: https://www.afcanberra.com.au/community/event-rsvp/?event_id=586

RSVP: 28 June

More Info: enquiries@afcanberra.com.au

A conversation for everyone: Advance Care Planning

If you were too unwell to speak for yourself, who would speak for you? An Advance Care Plan helps ensure your values and preferences are respected by doctors and family when you can't voice your own decisions. Learn the steps in making a plan, tips for having the conversation about your wishes and find out who can help get your plan in place.

Date: Monday 6 July 2020

Time: 10:30am – midday,

By Zoom: The link will be sent to you once you register. If you are not confident with online seminars, please let us know.

Cost: This is a free seminar

More Info: Please RSVP by Thursday 2 July to adminofficer@hcca.org.au or phone: 6230 7800.

Organiser: Health Care Consumers' Association.

Taste of Language Competition

Fun free competition for students from preschool to Year 12 in the Canberra region. Four age categories, and first prize of \$100 for each.

TO ENTER:

- Choose a favourite meal or dish which involves another language
- Make a video (up to 3 minutes) to illustrate how/when the dish or meal is prepared and/or eaten.
- Write a short piece (in English) – maximum 250 words, which
 - briefly describes the dish or meal and why you chose it
 - explains the meaning of the non-English words/phrases in the video or associated with the dish/meal
 - explains how the meal or dish relates to your life in Australia and/or to a particular culture or cultures
- Download and complete a Student Declaration Form

Date: Open now. Closing date Tuesday 1 September 2020

More Info: <https://actbilingual.weebly.com/news.html> or email canberrabilingual@gmail.com

This project is supported by an ACT government 2019-2020 Participation (Multicultural) Grant

Novel Coronavirus (COVID-19) community update from the Department of Home Affairs, Community Engagement ACT

The National Cabinet recently met to discuss options for easing restrictions over the coming months, helping prepare Australians to go back to work in a COVID-19 safe environment and getting the economy back to a more sustainable level.

The National Cabinet recently agreed to a three-step plan to gradually remove baseline restrictions and make Australia COVID-safe. States and Territories will move at different times based on local conditions and National Cabinet will review step progress every three weeks.

It is important that even as rates of infection flatten and COVID restrictions are wound back, we all still need to practise physical distancing and good hygiene.

To access translated information about the announcement, using the link below select your language and then click on 'Health'. From the list of factsheets, please select 'Roadmap to a COVIDSafe Australia' and 'Easing of Restriction'.

<https://covid19inlanguage.homeaffairs.gov.au/>

We will keep you informed of any changes as they arise. Please continue to encourage your communities to download the Coronavirus Australia app and to check www.australia.gov.au for the latest information.

Department of Home Affairs - Launch of Rapt! Instagram page

RAPT! is part of the Department's Countering Violent Extremism (CVE) communication program.

The launch of the new Instagram page reflects the core objectives of the Rapt! brand by promoting critical-thinking, showcasing positive stories with a social cohesion focus, and countering online hate and misinformation. The launch campaign features stories from three inspirational young Australians - professional soccer player, Kwame Yeboah; Australia's first hijabi ballerina, Stephanie Kurlow; and owner of the Redfern Convenience Store, Hazem Sedda. They share their personal experiences of overcoming adversity through hard work and perseverance to follow their dreams and achieve their goals.

The Instagram page will complement the existing Rapt! [Facebook](#) page and [website](#)

We would be grateful if you could disseminate this information to your network and encourage them to share these links widely. We also welcome any feedback on the new Instagram page or other Rapt! channels.

Ensuring we remain connected with your communities continues to be a high priority for the Department of Home Affairs and the Australian Government. Your feedback is vital to the Department and informs policy, decision making and government messaging. Please continue to pass your concerns and questions to us.

In particular, we are very interested in your views and feedback on the following:

- any community concerns
- racism or discrimination
- reception to government messaging
- community misconceptions
- issues related to travel restrictions and associated processes
- instances of misinformation or scams targeting your community
- any new economic impacts on the community
- any other emerging community issues.

Energy Made Easy website is now even easier

The Australian Government has improved its free and independent Energy Made Easy website so consumers and small businesses in the ACT can keep making informed energy choices.

Among the new features are that you can now search for a new electricity or gas plan in more ways on the website – you can use your meter data, you can upload an electronic bill, enter your energy use details from a paper bill, or you can search without providing any personal or energy use information.

The website also has a new dynamic translation function. This means you can search for a new plan or read about energy in more than 30 languages. Once you select your preferred language, all of the information on the website is translated automatically.

So if you're after energy information or want to compare plans, it's now even easier to do this on Energy Made Easy (www.energymadeeasy.gov.au/#easier).

Creating an Inclusive Narrative project: Monthly roundtables now online

Community representatives from all backgrounds are invited to participate in a nationwide series of roundtable discussions aimed at strengthening social cohesion in Australia. This is part of a national project facilitated by the Australian Baha'i community. It aims to collectively create an inclusive narrative for our country, a "bigger story of us" that speaks to us all and helps bring us closer together. The roundtables are an open space to share experience and explore fundamental questions about who we are and the values, characteristics and practical steps that will strengthen social cohesion in Australia. The insights and contributions offered by the representatives of your group, organisation or institution will be synthesized into the Inclusive Narrative framework document to be made publicly available. Roundtables are being held monthly online.

Dates: Tuesday 28 July, 5.30pm-7.00 pm

Wednesday 26 August, 5.30pm-7.00 pm

Cost: Free

To book: <https://events.humanitix.com.au/canberra-creating-an-inclusive-narrative>

More Info: 6287 2019 or <https://www.oea.bahai.org.au/inclusive-narrative-project>

Videos, posters and audio recordings in 28 languages – keeping safe from coronavirus

If you, your clients, colleagues or friends are looking for information about coronavirus in less common languages, have a look at this online library of videos, posters and audio recordings in 28 languages, from Australia and around the world (<https://www.humanslikeus.org/coronavirus>). Includes resources entirely in pictures (accessible to everyone) explaining how to wash our hands, and why this keeps us safe from harmful germs. You can also find excellent posters in 35 languages specially designed for pre-school, primary and high school kids (<https://covid19healthliteracyproject.com/#>). Languages covered:

[Languages from Africa:](#) Swahili/Kiswahili, Kirundi, Dinka, Nuer, Lingala, Somali, Amharic, Oromo/Afaan Oromoo, Tigrinya.

[Languages from the Middle East:](#) Arabic, Hazaragi, Assyrian, Kurdish/Kurmanji, Dari, Pashto, Farsi/Persian.

[Languages from Asia:](#) Bengali, Tibetan, Hindi, Tamil, Chin Hakka/Hakha, Chin Falam, Zomi/Zou, Karen, Rohingya, Burmese, Nepali/Napali, Hmong.

Adult Migrant English Program (AMEP)

Navitas English provides *free AMEP English classes and **childcare to newly arrived eligible adult migrants and refugees in the Canberra region.

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.

As the COVID-19 restrictions are being lifted and carefully managed in Canberra and Australia, Navitas English is committed to ensuring the health and wellbeing of its staff and students. In Term 3 (July to September) we will be moving our AMEP classes to a combination of face to face delivery and online delivery.

We will be prioritising our face to face delivery to students who have either young children at home or limited capacity to study online. Face to face classes will only be available at the City campus in Term 3. Our face to face classes will operate using the current Government guidelines on social distancing and appropriate hygiene measures.

Our online delivery model, used during the Australian Government lock down period, has proven very successful with our AMEP students. Over 90% of students surveyed said their computer skills had improved and 85% said they liked or sometimes liked studying online. In general, our AMEP students have liked the convenience and safety of studying online.

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

More information: please contact us on **(02) 8234 1490** or email: AMEPACT@navitas-english.com.au

For more information please visit our website: <https://www.navitas-english.com.au/colleges/canberra/>

*The AMEP is funded by the Australian government.

*Childcare is available to client studying face to face only

Navitas English also runs offers two other programs in the ACT:

- the Career Transition Assistance (CTA) program for mature age jobseekers aged 45 years and over, providing practical assistance to increase employability and competitiveness in the local job market
- the Foundation Skills for Your Future (FSfYF) program, providing language, literacy, numeracy and digital skills development to permanent residents who are not eligible for the AMEP or SEE programs

For more information on the AMEP, CTA or FSfYF programs, please call: 8234 1490, or visit us at Level 1, 34 East Row, Canberra City.

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 or via email: admin@mcci.org.au.

More Info: Chris Lacey, Chief Executive Officer, 02 42297566 or chris@mcci.org.au

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

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 **Telephone:** 6100 4611

Multicultural HUB Canberra

During the 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 or website www.mhub.org.au

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

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.

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

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

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 Home Affairs- 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 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.

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

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](tel:1300575847).

For more information visit the [Department of Home Affairs](#) or contact TIS National on the contact details above.

Department of Home Affairs - 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](#), which is easy to use and is available in English, Arabic, Farsi and Simplified Chinese.

For more information visit the [Department of Home Affairs](#) or contact The Free Translating Service Helpdesk:

email: fts@migrationtranslators.com.au

Online: using the [contact us Form](#)

Phone: [1800 962 100](tel:1800962100)

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](#)