



Eastern Multicultural News

A.B.N. 27 084 251 669

EDITION 152 – July 2015

MIC NEWS

“Breaking the Cycle” Parenting Program

Anglicare Meridian in partnership with the Migrant Information Centre is facilitating a six week parenting program for parents of teenagers from Zomi backgrounds. The program “Breaking the Cycle” aims to assist parents to better understand parenting teenagers in Australia and increase their confidence in being able to manage anger and family conflict.

The program will commence on the 9th July 2015 to 13th August 2015 at 5.30pm to 7.30pm Ringwood Uniting Church, Corner of Station Street and Greenwood Avenue, Ringwood. Places are limited and participants are expected to attend all six sessions.

For further information, please contact Judy McDougall or Sawm Suante at the Migrant Information Centre on telephone 9285 4888 or Email jmcdougall@miceastmelb.com.au or ssuante@miceastmelb.com.au.

This programme is jointly funded by the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.

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Chinese Grandparents Playgroups

The Migrant Information Centre in partnership with Connections is facilitating two playgroups for Chinese grandparents – one in Mitcham and the other in Mount Waverley. The groups provide an opportunity for grandparents and their grandchildren to come together, have fun and learn through play. Snacks are provided and the playgroups are free.

The Mitcham playgroup is held at 10.45am to 12.15pm on Tuesdays at Mitcham Community House, 19 Brunswick Road, Mitcham and the Monash playgroup is held every second Tuesday at 10.30am to 12pm at St John’s Uniting Church, 37 Virginia Street, Mount Waverley. In Term 3, the next meeting in Mitcham will commence on the 21st July 2015 and in Mount Waverley on the 14th July.

For further information, please contact Amber Huang on phone 9285 4888 or Email ahuang@miceastmelb.com.au.

The playgroups are jointly funded by the City of Whitehorse Community Grants Program, City of Monash Community Grants Program and the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.

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Come and Play – Multicultural Playgroups

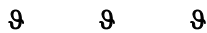
The Migrant Information Centre is facilitating three multicultural playgroups. The groups provide an opportunity for parents and carers of pre-school aged children to come together for singing, stories, crafts, dancing, cooking and fun. Snacks are provided and the playgroups are free.

The playgroups are held at 1.30pm to 3.30pm on Wednesdays at Pembroke Primary School, Pembroke Road, Mooroolbark and Fridays at 10.30am to 12pm at Central Ringwood Community Centre, Bedford Park, Ringwood and at 1pm to 2.30pm at Croydon Uniting Church Hall 6 Tallent Street, Croydon.

In Term 3 the Wednesday group will commence on the 14th July and the Friday groups on the 17th July.

For further information, please contact Niquita Meyers or Robyn Tan on phone 9285 4888 or Email nmeyers@miceastmelb.com.au or rtan@miceastmelb.com.au.

This programme is funded by the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.



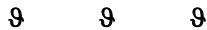
Excursions to the Aquarium

The Migrant Information Centre is facilitating two excursions to the Melbourne Aquarium for families who attend our multicultural playgroups.

The excursions will be held on the 8th and 10th July from 10am to 3pm.

For further information, please contact Niquita Meyers on telephone 9285 4888 or Email nmeyers@miceastmelb.com.au.

This programme is jointly funded by the Shire of Yarra Ranges and the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.

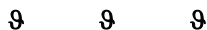


Healthy Living Cooking Workshop

The Migrant Information Centre is holding a Healthy Living Cooking Workshop for newly arrived refugee families who attend the MIC's Mooroolbark playgroup. The workshop is the first of a series of workshops that will be held in 2015/2016 to cover practical healthy meal preparation and healthy lunch boxes.

The first workshop will be held on the 7th July 2015 at 11am to 1.30pm at Francis in the Fields Church, Hull Road, Mooroolbark.

This programme is funded by the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.



Information Sessions for the African Community

The Migrant Information Centre is holding an information session for the African community on taxation. The session will be held on the 24th July 2015 at 6pm to 8pm in Room B, 27 Bank Street, Box Hill.

For further information, please contact Saturnino Onyala on telephone 9285 4888 or Email sonyala@miceastmelb.com.au.

This programme is funded by the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.

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Information Sessions for the Chinese Community

The Migrant Information Centre is holding information sessions for Chinese groups within the Eastern Region.

Details are: 7th July 2015 on Parkinson's Disease at 11.15am to 12.15pm in Blackburn; 14th July 2015 on Parkinson's Disease in Mount Waverley; 16th July 2015 on dementia at 11.15am to 12.15pm in Camberwell; 17th July 2015 at 10.30am to 12.30pm on Centrelink services at Rowville library; 20th July 2015 on Centrelink services at 1pm to 3pm at Knox library; 31st July 2015 on Parkinson's Disease in Box Hill; 4th August 2015 on hepatitis B and C at 11.15am to 12.15pm in Blackburn; 11th August 2015 on dementia at 10.30am to 11.30am at Mount Waverley; 18th August 2015 on public housing at 11am to 12pm in Box Hill; 20th August 2015 on eye health at 11.15am to 12.15pm at Camberwell; 21st August 2015 on Parkinson's Disease at 10.30am to 12.30pm at the Rowville Library; and, 28th August 2015 at 1pm to 3pm on Customer Direct Care in Box Hill.

For further information, please contact Amber Huang or Steven Yang on 9285 4888 Email ahuang@miceastmelb.com.au or syang@miceastmelb.com.au.

This programme is funded by the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.

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MIC Volunteers Wanted

The MIC is seeking volunteers to assist with a range of programs including the Community Visitors Scheme (CVS) program, homework tutors, mentor drivers, playgroup facilitators, holiday program activities, excursions and assistance for individuals and families.

The Community Visitors Scheme links volunteers to culturally and linguistically diverse (CALD) recipients of Home Care Packages and Australian Government subsidised aged care home residents identified by their aged care provider as being at risk of or experiencing social isolation.

Other opportunities enable volunteers to share their life skills and knowledge to promote the settlement of newly-arrived migrants and refugees including adults, youth and children.

All MIC volunteers have reference checks, Police and Working with Children Checks and training and ongoing support is provided to ensure that the needs of both volunteers and clients are met.

For further information about volunteering opportunities offered at the MIC, please contact Mervat Dahdoule on 9285 4888 or email mdahdoule@miceastmelb.com.au.

This programme is funded by the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.

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Multicultural Community Garden

The *Eastland Multicultural Community Garden* provides a safe and welcoming space for people from different cultural backgrounds living or working in Ringwood and surrounds to

come together to plant and grow edible crops, participate in other gardening activities, socialise with others and enjoy a communal garden space.

The garden is located on the Eastland site, near the corner of Warrandyte Road and the Ringwood Bypass and has plots currently available for rent.

The garden is managed by the *Eastland Multicultural Community Garden Inc.*, with a management committee comprising office bearers from multicultural backgrounds, as well as representatives from the Migrant Information Centre.

If you or someone you know is interested in renting a plot or for more information about the garden, please contact Jessica or Barbara at the MIC on telephone 9285 4888 or Email jbishop@miceastmelb.com.au.

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Social Group for Hakha Chin Seniors

The Migrant Information Centre is facilitating a social group for older people from Hakha Chin backgrounds. The aim of the group is to bring socially isolated older people with low English language proficiency from Hakha Chin backgrounds together for recreational activities and information sessions on services and how they can access them.

The group meets monthly at 4pm to 6pm at the Ringwood Uniting Church, Corner Station Street and Greenwood Avenue, Ringwood. The next meetings of the group are the 14th July 2015 and 11th August 2015.

For further information, please contact Khuang Mang on 9285 4888 or Email kmang@miceastmelb.com.au (Tuesdays and Wednesdays).

The program is funded by the Office of Multicultural Affairs and Citizenship Refugee Action Program.

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Training Opportunities

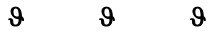
The MIC can offer affordable training to agencies that is tailored to meet the needs of their staff. The MIC has over 16 years experience in providing services to refugees and migrants and during this time we have delivered high quality training to agencies across the Eastern Region, wider Melbourne, Regional Victoria and Interstate. All MIC training programs are evaluated for continuous improvement.

Training can include:

- **Cultural Awareness** that aims to provide staff a better understanding of culture, how it impacts on the beliefs, values and behaviours of both staff and clients and strategies for working with people from a range of culturally diverse backgrounds.
- **Culturally specific training**, for example, Karen and Chin ethnic groups from Burma, Chinese, Iranian and Muslim that increases their staff's understanding of their migration experience, settlement patterns, culture and traditions and issues impacting on their settlement including service gaps and strategies to meet these gaps.
- **Using interpreters and preparing documents for translation.** This training program provides tips and strategies for using interpreters and preparing documents for translation including effective English and communication, how to book interpreters, practical skills in using interpreters and preparing documents for translation.

- **Specialised training that addresses settlement issues and access to specific services**, for example, family violence and CALD communities, early childhood practices, aged and disability care, approaches to mental health and road safety.

If you would like to book training or you would like to discuss the training needs of your staff so they can better meet the needs of CALD communities, please contact Judy McDougall on 9285 4888 or Email jmcdougall@miceastmelb.com.au.



Youth Holiday Program

The Migrant Information Centre is facilitating a holiday program for newly arrived refugee young people. Activities include soccer, dancing and volleyball.

The session will be held from 10.30am to 4.30pm on Wednesday 8th July 2015 at the Mitcham Baptist Church, 8-12 Simla Street, Mitcham.

Young people who would like to travel with MIC staff can meet them at 9.30am at the Ringwood station. They will need to bring their MyKi card.

For more information, please contact Randi, Emma or Tess on 9285 4888. The MIC Youth Team are on Facebook see www.facebook.com/mic.youthteam.

This programme is funded by the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.

ARTS

Shared Threads

Wyreena Community Arts Centre is facilitating a free program for migrant women from around the world. The program will enable migrant women to make a piece of art that enables them to share their stories and experiences of migration through the medium of textiles.

Migrant women will learn to sew, appliqué a quilt and more whilst making friends and sharing their stories of living in Australia.

The program will commence at 9am to 11.45am on 14th July to 6th October 2015 at the Wyreena Community Arts Centre, 13-23 Hull Road, Croydon.

For further information and enrolment Nilma on 0405 444 993 or Judy on 0400 886 672

The project is funded by the Maroondah City Council Arts & Cultural Grants Funding Program.

ENGLISH CLASSES

AMES Classes Term 3

AMES Flagstaff is offering a 10 week full time intensive preparation course for people who intend to sit the Academic IELTS test. It is also suitable for people who are planning to pursue further study at TAFE or university in Australia.

The course will assist students to:

- Develop reading, writing, speaking and listening skills
- Extend understanding and usage of English grammar and vocabulary
- Improve fluency and accuracy in spoken and written English

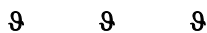
- Develop familiarity with the IELTS examination format
- Practice examination tasks are graded and benchmarked against the IELTS 9 point scale

The course is delivered by qualified IELTS examiners and practice tasks will give participants an accurate assessment of their skill level. Classroom materials and resources for home practice are free of charge.

The course commences on the 13th July until the 25th September 2015.

Other courses being offered in Term 3 are Certificate III in Aged Care, Certificate III in Early Childhood Education and Care, Employment Readiness, and a Hospitality Orientation Course which includes work placement at William Angliss Institute.

For enquiries and enrolments, contact AMES Box Hill, 34-36 Prospect Street, Box Hill or call 9926 4088 or Email eduboxhill@ames.net.au.



Yarra Valley Water EAL Syllabus for Teachers

Yarra Valley Water has launched a free English as an Additional Language syllabus for use by teachers and educators. The comprehensive learning tool also offers practical information to students about everything, from where water comes from and its use in Australia, to how to pay a water bill.

The resource is designed to support the learning of non-English speakers in a fun and interactive way, while encouraging confidence in the support and services Yarra Valley Water offers.

The resource provides literacy and numeracy learning opportunities while addressing key settlement related topics. It is packed full of games, activities and worksheets for teachers to produce for students.

It is designed for adult learners but may also be suitable for secondary school students.

The syllabus caters for Beginners to Level 2 and is suitable for the EAL Framework and the Certificate in Spoken and Written English.

Topics covered include

- Unit 1: The Water We Drink
 - Water Words
 - The World's Water
 - Water Stories
 - The Water Cycle
 - Melbourne's Water Supply System
- Unit 2: How We Use Water
 - Global Water Use
 - How We Use Water
 - Melbourne's Water Quality
 - Water Efficiency
 - What Not To Put Down the Toilets Or Drains
- Unit 3: Your Water Retailer
 - Getting To Know Your Water Bill
 - How To Pay Your Bill
 - Contacting Your Water Retailer
 - Managing High Water Bills

Yarra Valley Water has partnered with City West Water and South East Water in a joint Industry project to produce the free English as an Additional Language (EAL) Syllabus for teachers. The project has been funded by the Essential Services Commission.

The syllabus content has been created by the Yarraville Community Centre for City West Water and subsequently shared with Yarra Valley Water and South East Water. Some amendments and additions have been made in order to make the content suitable to Yarra Valley Water.

The interactive PDF digital copy of the resource can be accessed and downloaded from Yarra Valley Water's WaterCare Hub. You will need to register for your free WaterCare Hub membership in order to access this as well as a range of other resources including translated materials in 19 languages and Choose Tap educational resources.

Any further enquiries please contact: Ciara Sterling, Manager- WaterCare, Yarra Valley Water on 98721126 or Email: Ciara.Sterling@yvw.com.au.

FAMILY SUPPORT

Connections Eastern Region Chinese Men's Support Service

Connections Eastern Region Chinese Men's Support Service is holding forums in Term 3: "Mastering precision nutrition for your child, understanding food allergies" which will be held on the 5th August; "Strengthening your communication skills for Australian workplaces and culture" on the 19th August; "Understanding and enjoying cricket, Aussie Rules football and Aussie sports culture" on the 2nd September; and, "Understanding the Australian legal system and laws to protect you and your family" on the 16th September.

The Chinese men's forums will be held at 7pm to 9pm every second Wednesday at Bestchance Training Room, Bestchance, 583 Ferntree Gully Road, Glen Waverley. Bookings and enrolments are essential due to limited space.

Connections Eastern also facilitate two Chinese Dads Playgroup – Wantirna Chinese Dads Playgroups which meets 10am to 12pm every second Saturday (25th July, 8th and 22nd August and the 5th September) at Biloo Park Family Centre, 40 Birchfield Crescent, Wantirna and the Glen Waverley Chinese Dads Playgroup which meets at 10am to 12pm every second Saturday at Bestchance, 583 Ferntree Gully Road, Glen Waverley (1st, 15th and 30th August and the 12th September).

For forum bookings and further information, please contact Joseph Jin on 8873 5434 or mobile 0422 008 145 or Jenny Zhang on 8873 5435 or mobile 0401 621 029 or by Email Blackburn.reception@connections.org.au.

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Greek Grandparents amongst Family Conflict

The Australian Greek Welfare Society is facilitating a program for Greek-speaking grandparents whose children are experiencing separation and/or divorce which is affecting their relationship with their children and grandchildren.

The course is offered in small groups with grandparents who face similar issues at a minimum cost at Brunswick (July 2015) in a safe, confidential and respectful environment by professional educators trained in the area of Family Relationships.

Courses cover:

- Information, education and skill development for grandparents affected by the separation or divorce of an adult child

- Information on Family Law and the rights of grandparents to have regular contact with grandchildren despite parents' conflict and separation/divorce
- Legal and other options for grandparents including access to mediation
- Stress management and family conflict resolution
- Effective communication and positive engagement
- Advantages and disadvantages of the various styles of grand-parenting and personality types
- Looking after yourself (co-facilitated with Carers Victoria)
- Relaxation techniques (co-facilitated with Carers Victoria)

It is essential to make a booking and commit to attending to all 6 sessions. Couples are encouraged to attend together. Prepayment is required at the time of enrolment and there are no refunds.

For more information and details of dates and venues and to enrol to a course please contact Adonis Maglis on 9388 9998.

These courses are supported by the Department of Social Services and offered by AGWS Family & Community Services

HEALTH

Supporting Newly Arrived and Immigrant People to Access Cancer Screening

PapScreen Victoria, BreastScreen Victoria and Cancer Council Victoria are inviting settlement workers, health, community workers and managers to increase their knowledge and awareness of the importance of cancer screening and prevention.

The information and activities explores the role of cervical screening and the HPV vaccine, mammograms and bowel cancer screening tests for newly arrived or immigrant people.

After attending the cancer screening workshop, you are invited to apply for a \$1,000 grant to integrate cancer prevention messages into your health promotion work areas. This is open to those who have attended Workshop One, and attendance to Workshop Two is mandatory in order to apply for the grant.

These FREE workshops are being held at the Cancer Council Victoria 615 St Kilda Road, Melbourne. Workshop One: Cancer Screening – Tuesday, 25th August 2015, 12.45pm to 5.00pm and Workshop Two: Community Grants – Wednesday, 26th August 2015, 9.00am to 1.00pm.

Please register by Tuesday, 11th August 2015 to Heidi English by phone on 9514 6421 or Email Heidi.English@cancervic.org.au.

Please include your full contact details including organisation name, your role and any dietary requirements.

For further information about workshops, contact Lucy Forwood by phone on 9514 6427 or Email Lucy.Forwood@cancervic.org.au.

Special note: If you are attending both days and are travelling further than 100kms and require accommodation you may apply for a subsidy of up to \$150.00.

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Healthy Eating Clip

Diabetes Australia (DA–Vic) has recently developed a short ten minute clip called [Healthy Eating](#). The clip explores healthy eating messages, including:

- different food groups
- recommendations for each food group, including daily intake
- portion sizes
- healthy cooking methods
- and sample meal plans.

[Healthy Eating](#) is available in English, Italian, Greek, Vietnamese, Chinese and Arabic. The clip can be accessed via the [DA–Vic YouTube channel](#) and is suitable for all adults and teenagers, including people with diabetes.

MATERIAL AID

C.H.A.M.P.I.O.N Community Hub and Meeting Place in Our Neighbourhood

CHAMPION provides services to all people in need regardless of where they live or whether they have a Health Care Card. CHAMPION services include:

- Emergency Food Relief Pantry (*no food vouchers are available*)
- A computer and internet access to look for work or to access information
- Budgeting assistance
- Information brochures and resources
- Referral to local services
- Advocacy
- Someone to chat to
- Tea & Coffee

The service is open on Mondays 9.30am to 12.30pm and Wednesdays 1pm to 3pm at the Temple Society Australia Community Hall, 51 Elizabeth Street, Bayswater (see brown building on the right of the driveway). Fresh bread, vegetables and fruit are available every Wednesday.

For more information, please call Martina Eaton, Community Care Worker on 0433 335 815.

MENTAL HEALTH

VTMH are holding a one-day workshop “Introduction to Cultural Responsiveness in Mental Health Services”.

The workshop will explore:

- The role of population health in understanding cultural diversity;
- Health outcomes, social disadvantage, and inequality in the mental health system;
- Psycho-social influences on mental health and well-being;
- Culture, power, access and equity in mental health aged care;
- The role of community development in challenging disadvantage and inequality;
- Knowledge and skills to support culturally responsive structures and practices.

The workshop is targeted to all specialist mental health practitioners, consumer and carer advocates, and other health and community workers delivering mental health, community support and welfare services. Students of mental health and welfare related studies are also welcome to apply. The cost for the Specialist Mental Health sector (Clinical and Mental

Health Community Support Services) employees is \$50 and all other registrants is \$100. A certificate will be emailed once the course is completed.

The workshops will be held on Friday 24th July, Tuesday 22nd September and Tuesday 17th November at St Vincent's Hospital. To register go to <http://www.vtmh.org.au/calendar>.

WOMEN

Women's Only Swimming

The Craig Family Centre and YMCA is facilitating women's only swimming sessions on the first and third Saturday of every month from 8pm to 10pm. The sessions in Term 3 will be held on the 4th and 18th July, 1st and 15th August and the 5th and 19th September 2015.

The sessions are held at the Ashburton Pool and Recreational Centre, 8 Warner Avenue, Ashburton.

Entrance fees are \$5.70 per person or \$14.50 per family (a maximum of 5 people). Fees include use of the pool, sauna and spa.

For further information, please contact the YMCA on 9885 0333 or the Craig Family Centre on 9885 7789.

This program is supported by the Ashburton Pool and Recreation Centre.

Migrant Information Centre (Eastern Melbourne)

Suite 2, Town Hall Hub, 27 Bank Street

Box Hill VIC 3128

Ph: 03 9825 4888

Fax: 03 9285 4882

Website: www.miceastmelb.com.au

To submit an article for Eastern Multicultural News, please Email to

Judy McDougall: jcmdougall@miceastmelb.com.au or

Jessica Bishop: jbishop@miceastmelb.com.au