



# Eastern Multicultural News

A.B.N. 27 084 251 669

EDITION 156 – May 2016

## MIC NEWS

### **Become a Member of the MIC**

The Migrant Information Centre is inviting people who support our work to become a MIC member.

As a member you can vote at our AGM, nominate to participate on the interview panel for new board members and approve casual vacancies to our board.

New members are required to complete a form that confirms their support for our constitution.

For further information or a copy of our constitution, please contact Sue Herbst or Judy McDougall on telephone 9285 4888 or Email [sherbst@miceastmelb.com.au](mailto:sherbst@miceastmelb.com.au) or [jmcdougall@miceastmelb.com.au](mailto:jmcdougall@miceastmelb.com.au).

§ § §

### **MIC Ringwood Office**

The Migrant Information Centre has opened a new office at 1-3 Pitt Street, Ringwood. The office is open 9am to 5pm Tuesday to Friday. For further information or to make an appointment, please call the Ringwood office on 9870 1351.

§ § §

### **After Hours Health Services**

The Migrant information Centre is delivering information sessions on after hour's health services. The sessions will be delivered to a number of communities including Arabic, Chinese, Falam Chin, Hakha Chin, Iranian, Karen and Zomi communities. The sessions include information on the range of After Hours Health Services and which one is best to call dependent on the nature of the services you are seeking.

For further information please contact Sophie McKenzie on telephone 9285 4888 or Email [smckenzie@miceastmelb.com.au](mailto:smckenzie@miceastmelb.com.au).

This program is funded by the Eastern Melbourne Healthcare Network

§ § §

### **Arabic Speaking Women's Social Group**

The Migrant information Centre in partnership with Benevolence Australia has established a social group for Arabic speaking women residing in Manningham. Arabic speaking women are welcome to join the group to meet other women and enjoy fun activities together.

The group meets during school terms on Tuesdays from 11am to 1pm at Benevolence House, 125 George Street, Doncaster.

For further information please contact Mervat Dahdoule on telephone 9285 4888 or Email [mdahdoule@miceastmelb.com.au](mailto:mdahdoule@miceastmelb.com.au).

The program is funded by the Department of Health

§ § §

### **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 every second Tuesday between 10.45am to 12.15pm 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. The next meeting of the Monash group is Tuesday 7<sup>th</sup> June 2016 and the Whitehorse group on the 14<sup>th</sup> June 2016.

For further information, please contact Amber Huang on phone 9285 4888 or Email [ahuang@miceastmelb.com.au](mailto: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](http://www.dss.gov.au) for more information.

§ § §

### **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 during school terms at 1.30pm to 3.30pm on Mondays 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.

An excursion to Scienceworks for members of the playgroup will also be held at 10am to 2.30pm on the 6<sup>th</sup> June 2016.

For further information, please contact Niquita Meyers on phone 9285 4888 or Email [nmeyers@miceastmelb.com.au](mailto:nmeyers@miceastmelb.com.au).

This programme is funded by the Australian Government Department of Social Services. Go to [www.dss.gov.au](http://www.dss.gov.au) for more information.

§ § §

### **Employment Support**

The Migrant Information Centre is assisting newly arrived refugees and family migrants from countries where English is not the first language to find appropriate training and/or employment. The assistance is provided through one-on-one casework, job readiness group programs and information sessions about specific industries.

Caseworkers provide advice on career pathways and assistance to clients to look for work, write resumes and apply for jobs.

For further information, please contact Meहुल Patel, Rebecca Dunsdon or Sarah Nichols on 9285 4888 or Email [mpatel@miceastmelb.com.au](mailto:mpatel@miceastmelb.com.au) or [rdunsdon@miceasrmelb.com.au](mailto:rdunsdon@miceasrmelb.com.au) or [snichols@miceasemelb.com.au](mailto:snichols@miceasemelb.com.au).

This programme is funded by the Australian Government Department of Social Services.  
Go to [www.dss.gov.au](http://www.dss.gov.au) for more information.

§ § §

### **Industry Information Session**

The Migrant Information Centre is facilitating an industry information session on factory work for the Falam Chin and Mizo communities. Participants will learn about the range of factory work available, what employers are looking for from employees and how to apply for work.

The session will be held at 6pm to 8pm on the 1<sup>st</sup> June 2016 at the Ringwood Uniting Church, Corner of Station Street and Greenwood Avenue, Ringwood.

For further information, please contact Sarah Nichols on telephone 9285 4888 or Email [snichols@miceasemelb.com.au](mailto:snichols@miceasemelb.com.au).

This programme is funded by the Australian Government Department of Social Services.  
Go to [www.dss.gov.au](http://www.dss.gov.au) for more information.

§ § §

### **Information Sessions for the Chinese Community**

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

Details for upcoming sessions are:

- Box Hill Town Hall Hub at 1pm to 3pm on 24<sup>th</sup> June on after hours health services
- Box Hill Joyful Chinese group at 11am to 12pm on 21<sup>st</sup> June on domestic violence
- Camberwell Chinese Group at 11.30am to 12.30pm on 16<sup>th</sup> June on Home Care packages
- Knox library at 1pm to 3pm on 20<sup>th</sup> June on asthma management
- Mount Waverley Community Centre at 10.30am to 11.30am on 14<sup>th</sup> June on after hours health services
- Pines Senior Citizens Centre at 11.40am to 12.40pm on Power of Attorney
- Rowville Library at 10.30am to 12.30pm on 23<sup>rd</sup> June on after hours health services

For further information, please contact Amber Huang or Steven Yang on 9285 4888 or Email [ahuang@miceastmelb.com.au](mailto:ahuang@miceastmelb.com.au) or [syang@miceastmelb.com.au](mailto:syang@miceastmelb.com.au).

This programme is funded by the Australian Government Department of Social Services. Go to [www.dss.gov.au](http://www.dss.gov.au) for more information.

§ § §

### **Information Session for the Karen Community**

The Migrant Information Centre in partnership with Maroondah City Council is facilitating an information session for the Karen communities on services for carers. The session will be held at 5pm to 7pm on the 16<sup>th</sup> June 2016 at the Ringwood Uniting Church, Corner of Station Street and Greenwood Avenue, Ringwood.

For further information, please contact Esera Maung (Wednesday to Friday) or Linda Tan on 9285 4888 or Email [emaung@miceasemelb.com.au](mailto:emaung@miceasemelb.com.au) or [ltan@miceastmelb.com.au](mailto:ltan@miceastmelb.com.au).

This programme is funded by the Australian Government Department of Social Services.  
Go to [www.dss.gov.au](http://www.dss.gov.au) for more information.



### **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.

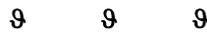
The Community Visitors Scheme links volunteers to culturally and linguistically diverse (CALD) recipients of Home Care Packages and Australian Government subsidised aged care home residents identified by their aged care provider as being at risk of or experiencing social isolation.

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](mailto:mdahdoule@miceastmelb.com.au).

This programme is funded by the Australian Government Department of Social Services. Go to [www.dss.gov.au](http://www.dss.gov.au) for more information.



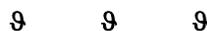
### **Migrant Communities Network**

The next meeting of the Migrant Communities Network will be held at 6pm to 8pm on Thursday 2<sup>nd</sup> June 2016 at the Ringwood Uniting Church, Corner Station Street and Greenwood Avenue, Ringwood.

The aim of the network is to bring community leaders together to seek their input into future service planning, to inform them of upcoming projects and events and to provide a forum for them to share information about issues impacting on the settlement of their respective members, community events and initiatives being undertaken through their Associations.

For further information, please contact Sarah Nichols or Barbara Laug on 9285 4888 or Email [snichols@miceastmelb.com.au](mailto:snichols@miceastmelb.com.au) or [blaug@miceastmelb.com.au](mailto:blaug@miceastmelb.com.au).

This programme is funded by the Australian Government Department of Social Services. Go to [www.dss.gov.au](http://www.dss.gov.au) for more information.



### **Multicultural Arts Project “Our Story for Our Children”**

The Migrant Information Centre in partnership with Wesley is facilitating an art therapy program for parents and children from Burma who attend our playgroup in Ringwood.

The project provides an opportunity for creative expression to tell their stories about their journey to Australia and to create a work of art that can be publicly displayed in Maroondah.

The project commenced on the 19<sup>th</sup> February 2016 at the Central Ringwood Community Centre, Bedford Road, Ringwood.

For further information, please contact Sophie McKenzie on telephone 9285 4888 or Email [smckenzie@miceastmelb.com.au](mailto:smckenzie@miceastmelb.com.au).

This project is funded by Office of Multicultural Affairs and Citizenship, Strengthening Multicultural Communities Grants Program 2015/2016

§ § §

### **Ringwood Library Homework Support Program**

The Migrant Information Centre is facilitating a new homework support program for secondary and upper primary school students from migrant and refugee backgrounds at the new Ringwood Library at REALM.

The program which is free and supervised is held weekly during school terms on Wednesdays from 3.30pm to 5.30pm at REALM (Ringwood Library), 179 Maroondah Highway, Ringwood.

Volunteer tutors specializing in a range of secondary school subjects are available to help students. The program offers assistance with homework, accessing computers and internet, research assignments, meeting other students and connecting with other agencies and support services.

For further information, please contact Lorraine Busuttil on Tuesdays on 9285 4888 or Email [lbusuttil@miceasemelb.com.au](mailto:lbusuttil@miceasemelb.com.au).

This programme is funded by the Australian Government Department of Social Services. Go to [www.dss.gov.au](http://www.dss.gov.au) for more information.

§ § §

### **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 3.30pm to 6.30pm at the Croydon Uniting Church, 6 Tallent Street, Croydon. The next meeting of the group will be held on the 14<sup>th</sup> June 2016.

For further information, please contact Khuang Mang on 9285 4888 or Email [kmang@miceastmelb.com.au](mailto:kmang@miceastmelb.com.au) (Mondays and Tuesdays).

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

§ § §

### **Social Group for Falam Chin Seniors**

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

The group will meet at 2pm to 4pm at the Ringwood Community Centre, Bedford Road, Ringwood on Saturday 4<sup>th</sup> June 2016.

For further information, please contact Barbara Laug on phone 9285 4888 or Email [blaug@miceastmelb.com.au](mailto:blaug@miceastmelb.com.au).

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

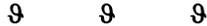
§ § §

## Young Women's Program

Throughout Term 2, the Migrant Information Centre will be running an after-school girls group for *English as an Additional Language* (EAL) students who attend Yarra Hills Secondary College. The group commenced on the 21<sup>st</sup> April 2016 and it will run from 3.10pm to 4.45pm until the 23<sup>rd</sup> June 2016.

For further information, please contact Jessica Thompson at the Migrant Information Centre on 9285 4888 or email [JessicaT@miceastmelb.com.au](mailto:JessicaT@miceastmelb.com.au)

This programme is funded by the Australian Government Department of Social Services. Go to [www.dss.gov.au](http://www.dss.gov.au) for more information.



## Youth Indoor Soccer and Volleyball

The Migrant Information Centre is facilitating a boys' indoor soccer and a girls' volleyball tournament for young people aged 12 to 25 years.

The program which commenced on the 26<sup>th</sup> April 2016 is held at 4pm to 6pm at the Ringwood Action Indoor Sports Centre and it will run for a number of weeks throughout Term 2.

For further information, please contact Randika or Jessica on telephone 9285 4888 or Email [rwijekoon@miceastmelb.com.au](mailto:rwijekoon@miceastmelb.com.au) or [JessicaT@miceastmelb.com.au](mailto:JessicaT@miceastmelb.com.au).

This programme is funded by the Australian Government Department of Social Services. Go to [www.dss.gov.au](http://www.dss.gov.au) for more information.



## Youth Video available on You Tube

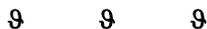
The Migrant Information Centre has launched a video for refugee young people where other young people talk about the issues they faced when they first settled in Australia. The video is designed to assist recently arrived young people to better understand the services available to them and how they can overcome the challenges they may face in their initial settlement period.

To view the video go to

[https://www.youtube.com/playlist?list=PL\\_bIGSTcCA\\_t9kV0fJGEbNmSFqOYmEBbh](https://www.youtube.com/playlist?list=PL_bIGSTcCA_t9kV0fJGEbNmSFqOYmEBbh).

For further information, please contact Randika or Jessica on telephone 9285 4888 or Email [rwijekoon@miceastmelb.com.au](mailto:rwijekoon@miceastmelb.com.au) or [jthomposon@miceastmelb.com.au](mailto:jthomposon@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](http://www.dss.gov.au) for more information.



## Training Opportunities

The MIC can offer affordable training to agencies that is tailored to meet the needs of their staff. The MIC has over 17 year's 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

- **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](mailto:jmcdougall@miceastmelb.com.au).

## AGED CARE

### **Diversity Conceptual Model for aged care: Person-centred and difference-oriented and connective with a focus on benefit, disadvantage and equity**

*Michael, J. 2016. Diversity Conceptual Model for aged care: Person-centred and difference-oriented and connective with a focus on benefit, disadvantage and equity. Australasian Journal on Ageing. DOI: 10.1111/ajag.12313.*

This project aimed to develop a Diversity Conceptual Model to support the aged care sector to identify diversity characteristics and associated benefits and disadvantages in order to consider greater equity in policy and practice. A multi-method approach was used to develop the Diversity Conceptual Model using a literature review, and organisation-wide consultation using a questionnaire, focus groups and interviews with key stakeholders.

A Diversity Conceptual Model was developed as a visual 'tool', made up of numerous components, with a focus on diversity characteristics that may be creating benefits and disadvantages for a consumer to participate in their health care. Continuous quality improvements and equity are presented as essential overarching components of the Model.

The Diversity Conceptual Model has many potential applications for aged care. The author proposes that its wider adoption would increase confidence, skills and knowledge, enabling the aged care sector to influence greater equity in policy and care practice.

For more information on this project contact Jaklina Michael on Email [jmichael@rdns.com.au](mailto:jmichael@rdns.com.au).

## ART SHOW

### **“Behind the Multicultural Door” Art Show**

The Louise Multicultural Community Centre (LMCC) is having an Art Show in 2016 and is calling for Artists. This year's theme is “Behind the Multicultural Door.”

The art show will be held on the 28<sup>th</sup> September to 31<sup>st</sup> October 2016 at the All Nations Foyer of the Box Hill Town Hall. It is an excellent opportunity for local artists to showcase and sell their work and for the community to experience different art mediums in one exhibit.

Any artist interested in entering their work must submit their work to LMCC by 15<sup>th</sup> August 2016. For further details contact Cindy on 9285 4851 or email [ckung@aanet.com.au](mailto:ckung@aanet.com.au).

# ENGLISH CLASSES

## **Migrant English Conversation Classes at Heathmont**

Heathmont Uniting Church is providing free English conversation classes every Monday evening from 7.30pm to 9pm for refugees, asylum seekers and migrants during school terms.

In Term 2 classes will be held until the 20<sup>th</sup> June 2016 at the Heathmont Lifestyle Centre, Heathmont Uniting Church, 89 Canterbury Road, Heathmont.

The classes focus on 'everyday' spoken English conversation, pronunciation, listening and some reading and writing.

For further information, please contact Sue on 9729 8449 or Marie on 9870 1486 or mobile 0429 294 007.

§ § §

## **Conversational English Classes for Migrants and Refugees**

City Wide Christian centre are holding free conversational English classes for migrants and refugees. Classes conducted by Certified AMES tutors will be held every Wednesday at 9.30am to 11.00am at Unit 8, 1154 Burwood Highway, Ferntree Gully.

For more information or to register please contact City Wide Christian Centre on 9762 1612 or 0458381621 or E-mail [admin@citywidecc.org](mailto:admin@citywidecc.org).

§ § §

## **Conversation Café at Realm Eastland**

Realm Eastland is hosting an English conversation café every fortnightly on level 2, in the REALM building at Eastland. The session provides an opportunity for people to socialize and talk together in English over coffee and a snack which they purchase themselves.

The building is accessible for wheelchairs and prams but childcare facilities are not available. The session is free.

For further information please contact Jenny Detez at the Realm Library on 9800 6430 or Email [jenny.detez@erl.vic.gov.au](mailto:jenny.detez@erl.vic.gov.au).

§ § §

## **English Language Classes at the Mountain District Learning Centre**

The Mountain District Learning Centre is providing Levels I, II and III English classes for people from non-English speaking backgrounds who are either newly arrived or who arrived some time ago in Australia but cannot communicate effectively in English.

The program provides practice in listening, speaking, reading and writing as well as help with grammar and pronunciation.

For further information please contact Maxine Burke, RTO & Vocational Programs Coordinator, Mountain District Learning Centre, 13-15 The Avenue, Ferntree Gully on 9758 7859.

§ § §

## **Salvation Army Pronunciation Classes**

The Salvation Army Camberwell is providing English pronunciation classes for people from non-English speaking backgrounds.

Classes are held at 10am to 12 noon every Friday Camberwell Salvation Army, 7 Bowen Street Camberwell. All are welcome.

For further information please contact Norman Gale on phone 9889 2468 or Email [norman.gale@aus.salvationarmy.org](mailto:norman.gale@aus.salvationarmy.org).

## FAMILY VIOLENCE

### Family Safety Pack

The DSS Family Safety Pack is now available in an additional 24 languages, making 46 languages in total. The Family Safety Pack, originally released in August 2015, was developed by the Australian Government for men and women coming to Australia. The pack aims to address violence against women from culturally and linguistically diverse backgrounds by providing information about Australia's laws and a woman's right to be safe. It includes four factsheets and one low-literacy storyboard.

A factsheet is also available for interpreters in family violence situations and for workers using interpreters when there is family violence.

For further information or to access the pack go to [www.dss.gov.au/family-safety-pack](http://www.dss.gov.au/family-safety-pack).

## HEALTH

### Information on Immunisation requirements and Refugees

There has been a number of recent immunisation legislation and policy changes that require children to be fully up-to-date with their childhood vaccinations OR be on a vaccine catch-up schedule OR have a medical reason for not being fully vaccinated:

- to be eligible to receive certain family assistance payments from Centrelink; and
- in order to enrol in childcare or kindergarten.

The Refugee Health Network has developed an information sheet to inform caseworkers and other health service staff in Victoria about the impact of these changes on families from refugee backgrounds. The information sheet documents some scenarios in which families may require some support around immunisation to meet the new requirements.

The information sheet can be accessed on <http://refugeehealthnetwork.org.au/immunisation-information-sheet-for-case-workers-and-health-service-staff/>.

## TRAINING

### Refugee and Asylum Seeker Experience

Foundation House is facilitating a one day workshop which provides a comprehensive introduction to working with people from a refugee background, including asylum seekers.

Participants will gain knowledge of the refugee and asylum seeker experience and ways of working with this highly vulnerable group. Establishing positive working relationships and maintaining worker resilience in a challenging environment are covered.

Content includes:

- Australia's Humanitarian Program within a global context and relevant recent policy developments
- The traumatic experiences of people who have fled wars and oppressive regimes
- The range of psychosocial effects of traumatic experiences on individuals, families and communities

- The psychological impact of detention and prolonged uncertainty associated with seeking asylum in Australia
- The Foundation House framework for recovery
- Principles of good working relationships with clients who have experienced torture and trauma
- Maintaining worker resilience and reflective practice

The workshop will be held on Thursday, 2<sup>nd</sup> June 2016 at 9.30am to 4.30pm at Foundation House, 155 Foster Street, Dandenong.

The workshop is suitable for anyone who is new to working with asylum seekers or refugee survivors of torture and trauma. The cost is \$230 per person with morning tea, lunch and afternoon tea included,

Bookings are essential at [www.trybooking.com/EASE](http://www.trybooking.com/EASE).. For further information please contact 9389 8965 or Email [pdregistrations@foundationhouse.org.au](mailto:pdregistrations@foundationhouse.org.au).

**To submit an article for Eastern Multicultural News, please Email to  
Judy McDougall: [jcmdougall@miceastmelb.com.au](mailto:jcmdougall@miceastmelb.com.au)**