



Eastern Multicultural News

A.B.N. 27 084 251 669

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MIC NEWS

Our New MIC Website is Live!

The Migrant Information Centre has worked with Jen & Ben Design to create a new user friendly website that clearly outlines the services we deliver to clients and service providers.

You can access information including demographic data, client statistics and feedback, publications and research. Brochures can be downloaded from the web and referrals can be made on-line. We will respond to referrals and enquiries within 1 working day.

See our events calendar for information on the wide range of programs we deliver each month. Go to www.miceastmelb.com.au.

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MIC Ringwood Office – Open Every Wednesday 9am to 7pm

The Migrant Information Centre's Ringwood Office at 1-3 Pitt Street, Ringwood is open 9am to 5pm Tuesday to Friday and 5pm to 7pm every Wednesday. A migration agent will be available at the office from 5pm every Wednesday to better service clients who work or study full-time.

For further information or to make an appointment, please call the Ringwood office on phone 9870 1351.

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Arabic Speaking Women's Social Group

The Migrant Information Centre has established a social group for Arabic speaking women residing in Manningham who meet at Benevolence House weekly during school terms.

The group has been established to promote social opportunities for mature, isolated women and Arabic speaking women of all faiths are welcome to join the group to meet other Arabic speaking 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.

The program is funded by the Department of Health

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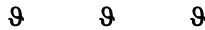
Chinese Grandparents Playgroups

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 every fourth 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 9th August 2016 and the Whitehorse group on Tuesday 2nd August 2016.

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.



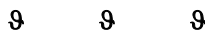
Come and Play – Multicultural Playgroups

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 11.30am to 1.30pm on Mondays at the Maternal & Child Health Centre, 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.

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

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



Employment Support and Trip to Careers Expo

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 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.

On the 26th August 2016, MIC staff will accompany interested clients to a Jobs and career Expo at Building 1, Melbourne Exhibition Centre, Clarendon Street, Southbank. The expo will have exhibits and stalls across a range of industries including aged care, hair and beauty, the defence forces and police, hospitality, childcare and many, many more. Clients will meet at the MIC in Box Hill at 9.30am and travel together by train to the expo.

For further information, please contact Mehul Patel, Rebecca Dunsdon or Sarah Nichols on 9285 4888 or Email mpatel@miceastmelb.com.au or rdunsdon@miceasrmelb.com.au or snichols@miceasemelb.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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Falam Women's Group

The Migrant Information Centre is facilitating a therapeutic group for women from Falam Chin backgrounds.

The program will support women to build their self-esteem and confidence, understand the concept of gender equity in day-to-day life, and increase their skills in effective communication, anger management and conflict resolution.

The program is held fortnightly for 8 weeks. The next session will be held on the 2nd August 2016 at 6pm to 8pm at the Ringwood Uniting Church, Corner of Station Street and Greenwood Avenue, Ringwood.

For further information, please contact Barbara Laug on telephone 9285 4888 or Email blaug@miceastmelb.com.au.

This programme is supported by the Victorian Government.

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Forklift Training for the Zomi Community

The Migrant Information Centre is facilitating a pre-accredited training program on obtaining a forklift licence for the Zomi community. The program will include English terminology to assist them to better understand the language used in accredited training.

The program will be held on the 10th, 17th and 24th August 2016 at 5pm to 7pm at the Ringwood Uniting Church, Corner of Station Street and Greenwood Avenue, Ringwood.

For further information, please contact Sawm Suante on telephone 9285 4888 or Email ssuante@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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Intermediate Computer Classes for the Iranian Community

The Migrant Information Centre is facilitating intermediate computer classes for the Iranian community. The program will cover emails and the internet, social media and work and excel programs.

The 10-week program is being held at 12.30pm to 2.30pm until the 23rd September 2016 at the Central Ringwood Community Centre, Bedford Road, Ringwood.

For further information, please contact Sarah Nichols on telephone 9285 4888 or Email snichols@miceasemelb.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 facilitates information sessions for Chinese groups within the Eastern Region.

Details for upcoming sessions in July are:

- Box Hill Joyful Chinese group at 11am to 12pm on 16th August 2016
- Camberwell Chinese Group at 11.20am to 12.30pm on 18th August 2016 on mental health
- Glen Waverley Community Centre at 1.30pm to 4.30pm on 8th August 2016 on After Hours Medical Services
- Knox library at 1pm to 3pm on 15th August 2016 on Centrelink services
- Mount Waverley Community Centre at 10.30am to 11.30am on 9th August 2016
- The Pines Senior Citizens Centre at 11.40am to 12.40pm on 2nd August 2016 on mental health
- Rowville Library at 10.30am to 12.30pm on 25th August 2016 on mental health

For further information, please contact Amber Huang or Stephen Yang on 9285 4888 or 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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Information Session for the Hakha Chin Community

The Migrant Information Centre is facilitating an information session for the Hakha Chin community on the Census 2016 at 5.30pm to 8pm on the 1st August 2016 at the Croydon Uniting Church, 6 Tallent Street, Croydon.

Participants will be informed of the upcoming census, privacy laws, the importance of census data, how it will be used and the support available to them to help them complete the form.

For further information, please contact Tial Hnem on telephone 9285 4888 or Email thnem@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 Session for the Iranian Community

The Migrant Information Centre is facilitating an information session for the Iranian community on the consumer rights at 5pm to 7pm on the 23rd August 2016 at the 27 Bank Street, Box Hill.

Participants will learn about their rights when purchasing goods including refunds and making complaints.

For further information, please contact Sarah Nichols on telephone 9285 4888 or Email snichols@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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Saver Plus Program for the African Community

The Migrant Information Centre in partnership with Berry Street and the ANZ Bank is facilitating a Saver Plus program for people from African backgrounds. The program which is being held weekly until the 9th August 2016 at 6pm to 8pm at the Town Hall Hub, 27 Bank Street, Box Hill, increases participant's understanding of banking and assists them to develop a savings plan.

For further information, please contact Saturnino Onyala on telephone 9285 4888 or Email sonyala@miceasemelb.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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Saver Plus Program for the Hakha Chin Community

The Migrant Information Centre in partnership with Berry Street and the ANZ Bank is facilitating a Saver Plus program for people from Hakha Chin backgrounds. The program which will be held weekly commencing on the 8th August 2016 at 5.30pm to 8pm at the Croydon Uniting Church, 6 Tallent Street Croydon, increases participant's understanding of banking and assists them to develop a savings plan.

To be eligible to join the program, participants must be a student or parent of a child attending school or starting school next year, have a Health Care Card or Pensioner Concession Card, have some form of income e.g. self or partner working on a casual, seasonal, part or full-time basis, able to attend four sessions.

For further information or to register, please contact Tial Hnem on telephone 9285 4888 or Email thnem@miceasemelb.com.au. Places are limited.

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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Youth Video Available on You Tube

The Migrant Information Centre is excited to launch 4 short videos as the final products of the MIC youth video making project which was funded by Yarra Ranges Council and run in partnership with United Youth Media. Recognition and appreciation is also given to Maroondah City Council for the opportunity to film and use the facilities at Realm throughout the duration of the project.

The videos were developed by 15 young people aged 12-22 years from refugee backgrounds who live, play and/or study in the Shire of Yarra Ranges, sharing challenges commonly faced by young people in the initial months of their settlement in Australia.

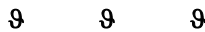
The videos developed are hoped to increase feelings of social connectedness among newly arrived young people in their initial months living in the eastern suburbs of Melbourne by providing them with a resource that is easily accessible to them and provides relevant advice and information that is pitched directly to them as developed by their peers who have had similar experiences.

The languages covered in these short films are Karen, Zomi, Hakha Chin, Burmese and Thai. To view the videos go to

https://www.youtube.com/playlist?list=PL_bIGSTcCA_t9kV0fJGEbNmSFqOYmEBbh.

For further information, please contact MIC Youth Settlement Workers Randika or Jessica on telephone 9285 4888 or Email rwijekoon@miceastmelb.com.au or JessicaT@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.



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 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

- **Culturally specific training**, for example, Karen and Chin ethnic groups from Burma, Chinese, Iranian and Muslim to increase 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.

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 28th September to 31st 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 15th August 2016. For further details contact Cindy on 9285 4851 or email ckung@aanet.com.au.

ENGLISH CLASSES

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 are 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 0458 381 621 or E-mail admin@citywideecc.org.

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Conversation Café at Realm Eastland

Realm Eastland is hosting an English conversation café 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.

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Migrant English Conversation Classes at Heathmont

Heathmont Uniting Church is providing free English conversation classes for refugees, asylum seekers and migrants, which focus on ‘everyday’ English conversation, pronunciation, listening and some reading and writing.

Classes are held every Monday evening from 7.30pm to 9pm during school terms at the Community Lifestyle Centre, Heathmont Uniting Church, 89 Canterbury Road, Heathmont.

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

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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. In Term 3, classes will commence on the 22nd July 2016.

For further information please contact Norman Gale on phone 9889 2468 or Email norman.gale@aus.salvationarmy.org.

FAMILY SUPPORT

Building Bridges

Camcare in partnership with the City of Boroondara is facilitating the Building Bridges program for parents from India and the Indian sub-continent. The program covers child development, how a child learns and the Australian education system.

The program will be held at 6.30pm to 8.30pm on the 11th August 2016 and at 1.30pm to 5.30pm on the 13th August 2016 at the Bowen Neighbourhood House, 102 Bowen Street Camberwell.

To register or for further information, please Email AKrishnan@camcare.org.au.

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Chinese Storytime

The Craig Family Centre is facilitating sessions for children of all ages from Chinese backgrounds. The sessions include reading and songs in Mandarin and English.

Sessions in Term 3 will be held on the 2nd, 16th and 30th August 2016 and the 13th September 2016 at 10am at the Craig Family Centre, 7 Samarinda Avenue, Ashburton.

For further information, please contact Jessica Jiang on mobile 0450 691 211 or Email craig.cd@craigfc.org.au.

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Connections Eastern Region Chinese Men's Forum

Connections Eastern Region Chinese Men's Support Service is holding forums in Term 3: "Dads Matter: What Kids Really Need from their Dad". The program will include a parenting workshop that will support Chinese dads to build their confidence as a father, strengthen family relationships and assist them to raise great kids in an Australian context.

The Chinese men's forums will be held at 7pm to 9pm on the 30th August and 6th September at Glen Waverley Uniting Church Meeting Room, Corner of Bogong Avenue and Kingsway, Glen Waverley.

For further information, please contact Joseph Jin on telephone 8873 5434 or 9875 4222 or Email blackburn.reception@connections.org.au.

HEALTH

New resources to Support Refugee and Asylum Seeker Clients to access Catch-up Immunisation

[Multilingual client brochure: Catch up vaccinations for refugees and asylum seekers in Victoria](#)

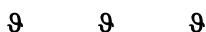
This resource was designed for newly-arrived refugee and asylum seeker communities in Victoria. It provides information about catch-up vaccinations and where to get them in Australia. Available in Amharic, Arabic, Burmese, Chin, Dari, Farsi, Karen and Tamil HERE http://www.healthtranslations.vic.gov.au/bhcv2/bhcht.nsf/PresentDetail?Open&s=Catch_up_vaccinations_for_refugees_and_asylum_seekers_in_Victoria

[Catch-up immunisation for refugees and asylum seekers: Information for immunisation providers](#)

No one arriving in Australia as a refugee or seeking asylum will be fully vaccinated according to the Australian immunisation schedule. Refugees and asylum seekers should be vaccinated so they are up to date according to the Australian immunisation schedule, equivalent to an Australian-born person of the same age. This information sheet has been prepared for GPs and other immunisation providers. It provides clinical advice, links to resources, and information about the impact of recent immunisation policy changes on families from refugee backgrounds. Resource available HERE <http://refugeehealthnetwork.org.au/information-sheet-for-immunisation-providers/>

[Catch-up Immunisation: Information sheet for caseworkers](#)

This information sheet informs caseworkers and health service staff in Victoria about recent immunisation policy changes that may prevent families from refugee backgrounds from accessing family assistance payments from Centrelink or enrolling in childcare or kindergarten if their children are not fully immunised. It describes scenarios where families may need support to access immunisation services. Resource available: <http://refugeehealthnetwork.org.au/immunisation-information-sheet-for-case-workers-and-health-service-staff/>.



Translated Health Resources

The Centre for Culture, Ethnicity and Health has produced new health resources translated in many different languages:

- *TB - Tuberculosis, the facts & its treatments*. This resource is designed for migrants and refugees and provides health information on tuberculosis (also known as TB). It explains the difference between latent TB infection and TB disease, the symptoms of active TB, how TB is spread and how to prevent it from spreading to other people. It also describes the common tests for TB and how it is treated. Available in English, Arabic, Chin, Farsi, Karen, Tamil and Hazaragi.
- *Understanding the Australian medical system* - This resource is designed to help migrants living in Victoria to navigate and understand the Australian medical system. It briefly explains Medicare and Centrelink cards and the entitlements they offer, how to book a doctor's appointment, what bulk billing means, the difference between a GP and a specialist doctor, what a pharmacy is and when you need a prescription to buy medicine. Available in English, Arabic, Chin, Karen and Hazaragi.
- *How to use medicines correctly* - Available in English, Amharic, Arabic, Assyrian, Burmese, Chin Hakha, Dari, Farsi and Tamil.
- *Catch up vaccinations for refugees and asylum seekers in Victoria* - This resource was designed for refugee and migrant communities in Victoria about catch-up vaccinations. Available in English, Amharic, Arabic, Burmese, Chin Hakha, Dari, Farsi, Karen and Tamil.
- *Getting medical help on the weekends, public holidays and at night* - This resource is designed for migrants living in Victoria and explains the different options available if they need medical help after hours or on weekends. It also explains when to attend the emergency department and when to call an ambulance. Available in English, Arabic, Chin, Karen and Hazaragi.

All translated resources have been checked for accuracy and cultural appropriateness with community members. Working with people in the sector, health topics identified that were particularly relevant to newly-arrived communities and refugees.

If you are interested in CEH resource development services, please contact Frances Nolan on francesn@ceh.org.au.

MENTAL HEALTH

'Making a Complaint' Information Sheet in 16 Different Languages

The Mental Health Complaints Commissioner's (MHCC) *Making a complaint* information sheet is now available in 16 different languages, including Amharic, Arabic, Chinese simplified and traditional, Croatian, Dari, Vietnamese, Croatian, Dari, English, Greek, Italian, Macedonian, Persian, Serbian, Sinhalese, Spanish, Turkish and Vietnamese.

The translated information sheets will inform consumers and carers from culturally and linguistically diverse communities about their right to make a complaint, in line with the Mental Health Act 2014.

Organisations can download and print copies on-line. For more information, contact info@mhcc.vic.gov.au.

RESOURCES FOR RENTERS

Information on Renting for the Dari Community

Working with the Dari speaking Afghan community, Consumer Affairs Victoria has developed information about renting in Victoria in the Dari language.

The Dari-speaking Afghan community is the first to receive these new renting resources. Located on the CAV website, these include:

- Videos on bonds, condition reports, starting and ending a lease and repairs
- Renting fact sheets (also in audio form)
- An example of a lease

These resources are now available in Dari on the Consumer Affairs Victoria website, at: www.consumer.vic.gov.au/darirenting.

The English versions of the renting videos are found within the Consumer Affairs Victoria renting section, at: www.consumer.vic.gov.au/renting on topics including starting and ending a lease, bonds, condition reports and repairs.

YOUTH

Whitehorse Diversity Expo

The Whitehorse Youth Representative Committee are holding the Whitehorse Diversity Expo at 8.30am to 2.40pm on the 16th August 2016 at the Box Hill Town Hall, 1022 Whitehorse Road, Box Hill.

The expo which is targeted to young people aged 13 to 17 years will cover mental health, bullying and GLBTIQA issues. The event is free and lunch will be provided. Key note speakers and workshop facilitators include representatives from Project Rockit, Beyond Blue, Sonya and Sacha-Australian Teenage Expo, The Workshop and Stand Out.

For more information, please contact Jacqueline Piper on telephone 9898 9340 or Email Jacqueline.piper@whitehorse.vic.gov.au.

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

Judy McDougall: jcmdougall@miceastmelb.com.au