



Eastern Multicultural News

A.B.N. 27 084 251 669

EDITION 157 – June 2016

MIC NEWS

MIC Membership

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 s Herbst@miceastmelb.com.au or jmcdougall@miceastmelb.com.au.

§ § §

MIC Ringwood Office – Opening After Hours

The Migrant Information Centre's Ringwood at 1-3 Pitt Street, Ringwood is open 9am to 5pm Tuesday to Friday. From the 13th July 2016, the office will open from 5pm to 7pm to better service those who work or study full-time.

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

§ § §

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. Please note that the group has chosen not to meet during the Muslim holy month of Ramadan and the next meeting which will be held on the 12th July 2016. The next session will be the first session of a 4-week yoga program.

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

§ § §

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 12th July 2016 and the Whitehorse group on Tuesday 28th June 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

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 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.

§ § §

Information Session for the African Community

The Migrant Information Centre is facilitating an information session for the African community on "Safe Driving - a Refresher Session on Road Rules for Licensed Drivers". The session which will be held at 6pm to 8pm on Monday 27th June 2016 at the Town Hall Hub, 27 Bank Street, Box Hill, will cover driving laws and parking signs, safe cars, child restraints laws, what to do when you are involved in an accident and the benefits of car insurance.

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

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

§ § §

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 will be held at 12.30pm to 2.30pm commencing on Friday 22nd July 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.

§ § §

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 Town Hall Hub at 1pm to 3pm on 19th July on mental health
- Box Hill Joyful Chinese group at 11am to 12pm on 19th July on mental health
- Camberwell Chinese Group at 11.30am to 12.30pm on 21st July on Home Care packages
- Knox library at 1pm to 3pm on 18th July on mental health
- Mount Waverley Community Centre at 10.30am to 11.30am on 12th July on mental health
- Pines Senior Citizens Centre at 11.40am to 12.40pm on 12th July on diabetes
- Rowville Library at 10.30am to 12.30pm on 14th July on oral health

For further information, please contact Amber Huang or Steven 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.

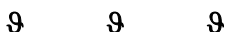
§ § §

Information Session for Parents on iPads and Preschoolers

The Migrant Information Centre in partnership with Eastern Regional Libraries is facilitating an information session for refugee parents on what is appropriate to download on iPads and educational apps for preschoolers. The session will be held at 10am to 11am on the 30th June 2016 at the Ringwood Library.

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



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.

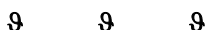
The Community Visitors Scheme links volunteers to culturally and linguistically diverse (CALD) recipients of Home Care Packages and Australian Government subsidised aged care home residents identified by their aged care provider as being at risk of or experiencing social isolation.

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.



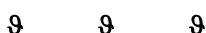
Playgroup Excursion to Healesville Sanctuary

The Migrant Information Centre is facilitating an excursion to Healesville Sanctuary for members of our playgroups.

The excursion which is free will be held on 27th June 2016.

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

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



Story Time for Preschoolers

The Migrant Information Centre is facilitating story time sessions for preschoolers and their parents at Ringwood Library and Mooroolbark library.

The session at Ringwood Library will be held at 10am to 11am on the 28th June 2016 and the session at Mooroolbark Library will be held at 2pm to 3pm on the 29th June 2016.

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

This programme is funded by the Australian Government Department of Social Services.

Go to www.dss.gov.au for more information.

§ § §

Youth Bubble Soccer

The Migrant Information Centre in partnership with Yarra Ranges Council are organising a fun Bubble Soccer activity on Thursday 30th June 2016 at the Knox Indoor Sports Centre with youth living, working or playing in the Yarra Ranges region.

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

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

§ § §

Youth Laser Tag School Holiday Activity

The Migrant Information Centre Youth Team are organising a school holiday activity of Lasertag at Darkzone in Box Hill. The activity will be held on Wednesday 6th July 2016.

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

§ § §

Young Women's Program

The Migrant Information Centre is running a lunchtime girls group for *English as an Additional Language* (EAL) students who attend Yarra Hills Secondary College. The group will run until the end of Term 2 and finish with a social activity in the school holidays on Monday 27th June 2016.

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

This programme is funded by the Australian Government Department of Social Services.

Go to www.dss.gov.au for more information.

§ § §

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.

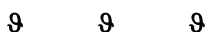
The videos developed are hoped to increase feelings of social connectedness among newly arrived young people in their initial months living in the eastern suburbs of Melbourne by providing them a resource that is easily accessible to them and provides relevant advice and information that is pitched directly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

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.

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.

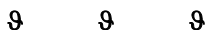
9 9 9

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.



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

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 workshops 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.

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.

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

Judy McDougall: jcmdougall@miceastmelb.com.au