



*Issue 4, May 2010*

## **In This Issue : May Overview**

### **MRC Events**

[Stepping out of the Shadows](#)

[Owning your Own Home Workshop](#)

[CALD Community Connections](#)

[CPP Annual State-wide Forum](#)

[Families in Cultural Transition](#)

[MRC Youth Program](#)

[Our Traditional Culture; Refugee Week Exhibition](#)

### **Service Updates**

[Aged Care Program](#)

### **Spotlight on our Communities**

#### **Volunteers' Focus**

[Asia Kulpinska - HACC Client Befriender and African Elders Conversational English](#)  
[Celebrating National Volunteer Week](#)

### **Cultural Calender Dates – June 2010**

### **Launch of the new “Incident Report Form” - OADC**

[Careers at MRC](#)

## MRC Events

### Stepping out of the Shadows – Reducing Stigma in Multicultural Communities Workshops:

The CALD Community Connections Project has completed its “Stepping out of the Shadows” workshops. Stepping Out of the Shadows is a program of Multicultural Mental Health Australia which aims to reduce the negative impact of stigma by exploring how CALD individuals and communities can deal with mental health issues in practical ways. Phoenix Centre/Migrant Resource Centre conducted a series of workshops with members of the African community and the Burmese community in Launceston and the Farsi speaking community and the Chinese community in Hobart. It might not be easy to talk about mental health problems and how stigma affects individuals and communities; however the program was very positively received by the different communities. Community members appreciated the opportunity to discuss issues of mental health in their first language and many workshop participants requested more information on mental health. The Phoenix Centre and the Migrant Resource Centre congratulate the seven Bicultural Trainers who delivered the workshops to the communities for their efforts and great work.

[\(Back to top\)](#)

### CALD Community Connections -Women’s Wellbeing Groups

As well as running the workshops (above), the project is running activities for women, men and youth from CALD backgrounds that promote emotional / mental well-being. Some of the highlights of these activities are:

The formation of a **Women’s Yoga group** with a ten week program particularly for women from a refugee/humanitarian entrant background who have experienced trauma.

**Blossom** is the name of the recently formed young women’s group which meets monthly at the

Hobart’s Women’s Health Centre. Blossom provides unique and enjoyable activities that may not ordinarily be accessible to young newly arrived women in a safe and women only environment. The participating service providers are the Phoenix Centre, The Migrant Resource Centre Youth Program, the Hobart Women’s Health Centre, and the Reconnect Newly Arrived Youth Support Service at Colony 47.

In a partnership with the MRC (South), Hobart PCYC, TYF and Colony 47 NAYSS the project is supporting an Overnight Team Building and Well Being Camp titled 'A Sense of Place & Belonging' on June 9,10, 11th for c. 20 youth from refugee/HE backgrounds who have lived in Hobart and the region for c. 3+ years. The main aim is to discover a stronger sense of self, place and belonging.

In collaboration with Hobart City Council an **introductory bushwalk** was organised with 14 men and women from diverse cultural backgrounds who participated in a walk to the Octopus Tree in Wellington Park, and a visit to the summit of Mount Wellington. Anna Bluck, Bushland Interpretation Officer of Hobart City Council warmly welcomed the group, guided the tour and introduced participants to Hobart’s bushland and its unique wildlife. The Phoenix Centre and Migrant Resource Centre appreciate the support of Hobart City Council for this activity.

A regular **Women’s Bushwalking Group** will start beginning of June 2010. If anybody from a refugee /migrant background is interested to participate please contact Ute Gonsior [ugonsior@mrchobart.org.au](mailto:ugonsior@mrchobart.org.au).

In Launceston, a group of young women and men will learn hip hop dancing to promote their confidence, team work and self esteem through movement and having fun.

The Phoenix centre gratefully acknowledges the funding provided under the Australian Government National Suicide Prevention Program.

[\(Back to top\)](#)

## Families in Cultural Transition – Final Event

As a final highlight of the Families in Cultural Transition – FICT workshops with the Bhutanese Community the Phoenix Centre organised with the workshop participants an excursion to Bruny Island on May 13. After a nine weeks commitment to an intense workshop program the participants were rewarded with a sunny and cold autumn day that



lent itself to exploring Bruny. Everybody had a go at fishing from the jetty in Adventure Bay with fishing rods and handlines. We had a good Bhutanese meal in a nearby picnic shelter and to fend off the cold we managed to get a small campfire going. We finalised the day with a lovely walk through the rainforest of the Mavista Nature Walk. It was a great day out with a wonderful group of people.

[\(Back to top\)](#)

## MRC Youth Program : June Holidays Overview

**Week 1 Holidays – Tuesday 1<sup>st</sup> June** – Hobart Bike Kitchen at Pulse Youth Centre, Glenorchy. 2-5pm....bring your bike to fix it up! Or come along and talk about making a bike

PCYC – Meet at Hobart PCYC – 10.30am, return 4 pm (Sports Activities – 10yrs minimum with BBQ lunch)

**Wednesday 2<sup>nd</sup> – Bonza Mountain Walk** – leaves from MRC, 49 Molle Street. Meet at 11am, return

to Hobart 4pm. Bring walking shoes, warm clothes and water bottle (MUST BOOK!!! Contact Georgi) Movie Screening – MRC 5pm-7pm (MUST BOOK)

**Thursday 3<sup>rd</sup> – PCYC sporting activities** – 10 yr olds up, meet PCYC Hobart Club Rooms, Liverpool St 10.30, return 4 pm.

**Friday 4<sup>th</sup> – Multicultural Youth (MY) Voice, OUR IMAGE workshop** – All welcome Grade 9 upwards. Meet at the MRC Acacia Room 3.30-5pm. Contact Rachel for more info on: 0437011753 or [rachelp@colony47.com.au](mailto:rachelp@colony47.com.au)

### Week 2

**Tuesday 8<sup>th</sup>** – Bike Kitchen in Glenorchy 2-5pm, Pulse Youth Centre.

**Wednesday 9<sup>th</sup> – Friday 11<sup>th</sup>** : Sense of Place and Belonging Camp, Conningham 16-21 yr olds (MUST BE REGISTERED!)

For registration with MRC Youth Program or if you are needing some help, please contact Georgi at MRC on 0439654646 or [gmarshall@mrchobart.org.au](mailto:gmarshall@mrchobart.org.au)

[\(Back to top\)](#)

## ‘Owning your Own Home Workshop’

The Migrant Resource Centre will be holding this workshop on Friday 4<sup>th</sup> June 2010 10.30am – 1.00pm held at Tasmanian Polytechnic 75 Campbell Street, level 3 Room A3033 (same level as Migrant Education office). Open to all refugees and humanitarian entrants. This project is funded by the Department of Immigration and Citizenship.

### Topics covered:

**Charles Badenach (Financial Advisor) and Helen Kent (Conveyance)**

- Saving a deposit
- What deposit do I need?
- What other monies do I need (eg stamp duty)?
- Where do I get a loan?
- What are my obligations with a loan?
- What incentives are available?
- What is interest?
- Interest rate increases
- How long does the process usually take?
- Is it better to rent or buy considering the market?

Other interesting facts

### **David Harrison – Housing Tasmania**

- Can I purchase a Housing Tasmania house?
- What do I need to purchase the house?
- What incentives are available?
- How long does the process take?
- Other interesting facts.

### **Kari Fone – The Smith Family**

- What is Saver Plus?
- Who is eligible to join Saver Plus?
- How does Saver Plus work?
- What are the benefits?

And other interesting facts.

Please RSVP to Reception at the Migrant Resource Centre 03 6221 0999.

[\(Back to top\)](#)

## **Community Partners Program (CPP) Annual State-wide Forum**

Congratulations to MRC's CPP Team for organising a successful and well attended State Wide Forum on Friday 28 May, held at The Grange in Campbell Town.

This Forum was a valuable opportunity for CALD community members, service providers and people who work in nursing homes to come together. Each year the Forums focus on a different topic; this year it was Palliative Care.

Speakers and workshops provided ways to learn more about the issues that families and individuals cope with at the end of life, and the services that are available to help with information and support. Community links will help services to continue in providing care with dignity and compassion.

This year's Community Partners Program has focused on a number of newly arrived communities: Amharic and Tigrinya speaking, Farsi and Sudanese Arabic speaking; as well as Philippine and Croatian. Guest speakers included Kiros Zegeye who offered insights from the Ethiopian communities' perspective.

[\(Back to top\)](#)

## **Our Traditional Culture ; Refugee Week exhibition**

18<sup>th</sup> and 30<sup>th</sup> of June 2010, Moonah Arts Centre, Opening Friday 18<sup>th</sup> June at 6pm

The purpose of Refugee Week is to heighten awareness of, and understanding for, the plight of many refugees who make their way here to our "lucky country", and indeed to the state of Tasmania.

*Our Traditional Culture* exhibition, organized by the MRC in partnership with the Moonah Arts Centre and Reclink and funded under the Community Capacity Building Grants Program 2009-10, aims to retain and promote provision of traditional cultural skills and knowledge to younger community members and the wider community.

The exhibition will present traditional objects and practices produced by people from a refugee and migrant background living in Tasmania. Some of the objects exhibited are the result of several workshop sessions carried out at MRC. Documentation of the workshops will be presented in the exhibition.

Objects and practices exhibited include traditional tailoring, embroidery, basket weaving, traditional instruments and music and dance performances.

The exhibition will be launched by the Hon. Cassy O'Connor MP. A traditional Sudanese music group has been invited to perform at the opening.

[\(Back to top\)](#)

## **MRC SERVICE UPDATES**

### **Aged Care Program**

A reminder that people volunteering and working in the aged care area need regularly updated National Police Checks. This is a mandatory requirement and has been issued by the Australian Government Department of Health and Ageing. A Tasmanian police check is no longer enough.

Also, if you have lived overseas after the age of 16 you may need to sign a Statutory Declaration as well as getting a police check.

The police checks are to verify whether you have ever been convicted of murder or sexual assault, or have been to prison for any kind of assault. If this is the case you will not be able to volunteer or work in aged care.

A National Police Check will list any other crimes that you may have committed, however it is only the above 3 that would automatically bar you from aged care volunteering and work.

If you have any questions about police checks you can check the Australian Government website: [www.health.gov.au](http://www.health.gov.au) and follow the prompts. Or, you can talk to one of the MRC's aged care staff by phoning 62 21 0999.

[\(Back to top\)](#)

## **SPOTLIGHT ON OUR COMMUNITIES**

MRC's Community Development officer, Gavin Murphy conducted three Community Leadership workshops, covering 6 separate modules. These included:

1. Community Associations;
2. Leadership;
3. Strategic Planning & Grants;
4. Conflict Management;
5. Government
6. Strategic Partnerships

Guest presenters included Lisa Singh, Kiroos Hiruy, Imogen Birley, Florence Parker and Maria Pinferi.

Attendees were from Bhutanese, Afghan, Karen, Congolese, Sudanese communities and the African Communities Council of Tas. Workshops received positive feedback and will inform delivery of future workshops.

Gavin Murphy is going on leave from Friday, 28<sup>th</sup> May to 18<sup>th</sup> July, 2010. Any queries in this time to be directed to Virginia Bashford, Settlements Coordinator at the MRC.

[\(Back to top\)](#)

## **VOLUNTEERS' FOCUS:**

### **Asia Kulpinska - HACC Client Befriender and African Elders Conversational English**

#### **MY experience with Culturally and Linguistically Diverse (CALD) COMMUNITIES :**

I graduated from Ethnolinguistic studies in Poland which provided me with knowledge not only about the languages but also about their users and the way their native language influences their perception of the world. During my studies I spent 2 years abroad – one in Portugal and one in Spain – where I went through all the stages of culture shock, so I understand now what a complex process it is. Since I remember I've always travelled, first around Europe, later also in Africa, Asia and Australia. In my travels local people were what interested me the most, so I always try to get in touch with them and I often ended up being hosted by families (the most interesting experience includes staying in a yurt (Mongolian ten) with a Mongolian family!). What's more my boyfriend is Australian and together we struggle with cultural differences on a daily basis 😊

#### **My favourite life EXPERIENCE :**

Travelling, travelling, travelling...

#### **I presently spend my daylight hours:**

Enjoying my life, volunteering, looking for a job, trying to understand my new environment, creating beautiful things with my boyfriend...

#### **I admire :**

My student Libby, who is extremely motivated to learn Polish. I've never met such a hard-working person before.

#### **I laugh when :**

Britain is absolutely paralyzed because they have a bit of a snowfall – their public transport stops working, they cancel flights, people don't go to work or school etc. That's hilarious – if we had this attitude in Poland we would have to spend 4-5 months doing nothing

#### **The biggest challenge I find is?**

Finding a job where I can use my linguistic skills.

#### **My wish for the CALD communities of Tasmania :**

So they don't feel like strangers here.

#### **My multicultural hero :**

Pretty much everyone who did something for the equality of all the races, genders, beliefs, sexual orientations, ages etc.

### **Celebrating National Volunteer Week**

As part of the MRC's Volunteer Recognition Program, National Volunteer Week was celebrated at the Centre on Wednesday 12<sup>th</sup> May 2010 at 5.30 pm. The event was attended by over 25 volunteers as well as a number of staff members.

Certificates of Appreciation were presented to volunteers. Unfortunately our guest speaker Nick Rinalli (Hobart City Council's 2009 Citizenship of the Year Award) was unable to attend due to illness. Duncan How (MRC Volunteer) provided a short rendition of Irish melodies with support from the audience. The event was an opportunity to meet up with familiar colleagues and to extend new acquaintances. The evening provided opportunity to a share experiences and interests, and most of all, to be able to say a big THANK YOU to our volunteers. Volunteers were represented from all



program areas such as client befriending, aged care, youth support, teaching English and Top Gear driving. Several volunteers had been refugees and recipients of volunteer support themselves. They now have joined our volunteer ranks wishing to return the generosity they received. To conclude the evening an authentic, delicious Chinese cuisine was served straight off the woks and thoroughly enjoyed by everyone.

Numerous volunteers expressed "what a pleasure it was to attend and to meet with such an interesting group people." ..... And indeed they are our treasures.

[\(Back to top\)](#)

### **Cultural Calendar Dates – June 2010**

**June 1 Tue :** Independence Day – Samoa

**June 2 Wed :** Foundation of the Republic of Italy

**June 6 Sun :** National Day – Sweden

**June 10 Thu :** Portugal Day, Camões Day and Day of Portuguese Communities Portugal

**June 11 Fri :** National Celtic Festival, Port Arlington, Vic. (to 14 June) - This festival celebrates Celtic music and culture with national and international acts. Each of the Celtic lands is represented – Ireland, Scotland, Wales, Brittany, Cornwall and the Isle of Man.

**June 12 Sat :** Independence Day – Philippines

**June 12 Sat :** National Day - Russian Federation

**June 14 Mon :** Queen's Birthday (except WA) - Celebrating the King or Queen of Australia's birthday with a public holiday in Australia dates back to 1788, when Governor Phillip declared a public holiday. Order of Australia award recipients are announced on Australia Day and the Queen's Birthday.

**June 16 Wed :** Martyrdom (Shahidi) of Guru Arjan Sahib - On this day Sikhs remembers the martyrdom of Guru Arjan Sahib, 5<sup>th</sup> Guru, and all those who have suffered for the faith. The day is observed by reading the holy books, Guru Granth Sahib.

**June 17 Thu ;** National Day – Iceland

**June 18 Fri :** National Day – Seychelles

**June 19 Sat :** Winter Magic Festival, Katoomba NSW - Musicians and magicians, jugglers and gymnasts, choirs, clowns and community take over the main street of Katoomba in the Blue Mountains.

**June 20 Sun :** Refugee Week (to 26 June) - Refugee Week encourages understanding and acceptance between communities, enabling refugees to live in safety and to continue making a valuable contribution to Australia.

**June 20 Sun** : World Refugee Day - Since early 1945, seven million people have come to Australia as new settlers, including more than 700,000 people under humanitarian programs, initially as displaced persons and more recently as refugees.

**June 23 Wed** : National Day and Official Birthday of HRH the Grand Duke of Luxembourg

**June 25 Fri** : National Day – Croatia

**June 25 Fri** : Independence Day – Mozambique

**June 25 Fri** : National Day – Slovenia

**June 26 Sat** : National Day – Madagascar

**June 27 Sun** : Independence Day – Djibouti

**June 30 Wed** : Independence Day - Democratic Republic of Congo

[\(Back to top\)](#)

## Launch of the new “Incident Report Form” - OADC

The Office of the Anti-Discrimination Commissioner, Tasmania (OADC) and the Department of Immigration and Citizenship (DIAC) launched the new Incident Report Form on Monday, 31<sup>st</sup> May 2010. The Incident Report Form was developed by OADC in collaboration with DIAC and the Tasmanian Settlement Network to provide individuals and service providers with a mechanism to report incidents of discrimination, harassment and / or inciting hatred.

Incident Report Forms can be collected from OADC office or filled out online at [www.antidiscrimination.tas.gov.au/forms/Incident\\_form](http://www.antidiscrimination.tas.gov.au/forms/Incident_form)

[\(Back to top\)](#)

## Careers at MRC

Due to recent expansion in funding the MRC has the following positions available:

### Cook (6 hours per week)

This position is in a new Day Centre for the Croatian community. Experience in preparation of Croatian meals is preferred

(5 hours per week)

Working with Croatian community members in conjunction with the Croatian Day centre. Knowledge of Croatian language and culture is essential

The above positions are jointly funded by the State and Commonwealth governments through the HACC program.

The Phoenix Centre provides counselling, natural therapies, community development and advocacy for people who have experienced trauma prior to arrival in Australia. The following new positions within the Phoenix Centre are available:

### Administrative Assistant – Phoenix Centre

(0.6 FTE) General reception and office administration duties

### Mental Health Support Worker - Phoenix Centre

(Full time position) Qualifications/experience in mental health is required for this position

Further information on all positions, including a copy of the Position Descriptions and selection criteria can be obtained from the Migrant Resource Centre on Tel 03 6221 0999 or by emailing [reception@mrchobart.org.au](mailto:reception@mrchobart.org.au).

Only applications addressing the selection criteria will be considered. Please send your application for the relevant position marked “Confidential” to :

**The General Manager,  
Migrant Resource Centre (Southern Tas) Inc.,  
49 Molle St.,  
HOBART Tas 7000 or  
[cmanen@mrchobart.org.au](mailto:cmanen@mrchobart.org.au)**

Applications to reach us no later than 5pm on Wednesday 15<sup>th</sup> June 2010.

[\(Back to top\)](#)

We welcome ideas, information and articles relating to Culturally And Linguistically Diverse communities in Tasmania. You can contact us at -

Email [reception@mrchobart.org.au](mailto:reception@mrchobart.org.au)