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[Great participation in the Hobart Bike Kitchen Tuesday Sessions during the June Holidays held at](#)

[Pulse Youth Centre in Glenorchy.](#) Over 15 young people from CALD backgrounds accessed this activity each week (predominantly young males) to repair their own bikes, or fix up a bike that had been donated to the bike kitchen. We are very grateful to the Hobart Bike Kitchen's team of volunteers who mentored the youth brilliantly during the two sessions.

[Sense of Place and Belonging Camp at Conningham was a great success during the June Holidays.](#)

Overall we had 24 participants on the program, 11 young women and 13 young men. The cultural mix was wonderful with Karen Burmese, Nepali Bhutanese, Afghani, Sudanese, Ugandan, Ethiopian, Eritrean, Congolese and Pilipino joining the program. The majority of our participants were



from Afghanistan (all of them have lived as refugees in Iran), Ethiopia and Burma (mostly lived as refugees in Thailand). Thanks to the great support from the PCYC, Colony 47, the Phoenix Centre and Youth in Philanthropy for making this happen. Students participated in a range of engaging activities based around the theme, including team challenges, elevated ladder walks, sense of place musical presentations and a beautiful walk along the coast. Furthermore, the food was a fantastic component of the program

with the participants cooking up a storm in the kitchen, especially on pizza creation night. We hope to create an ongoing network to support these types of camps for young people to access, as their fantastic outcomes are explicit.

[Young Women's Group Blossom \(16-21year olds from refugee/migrant backgrounds\)](#)

Met for the second time on Thursday 24th at the Hobart Women's Health Centre where a group of 10 women enjoyed an outing to the State Cinema to see a light romantic comedy. For most of the participants it was their first time to visit a cinema in Hobart and a great experience with plenty of laughing involved. The group will meet again on the last Thursday in July at the Hobart Women's and Health Centre at 4pm for a different activity. Please contact Rachel Pybus at Colony 47, or Georgi Marshall at the MRC if you are interested in joining the group.

[My Voices Council- Next Meeting will be on Friday July 2nd at 4pm.](#)

All are welcome to come and share your voice as this gathering will focus on FUN and GAMES with a cross cultural spice of life! This group meets on the first Friday of every month to make a difference. Check out minutes from our last meetings at www.myvoiceshobart.blogspot.com

[Study Buddy-](#)

This term the MRC Youth Program will be matching volunteer tutors to support young people in grades 7-13 with their school and homework. If you are interested in becoming a volunteer Study Buddy Tutor, please contact Georgi at the MRC.

[MRC Youth Worker Representative for Tasmania on the National Multicultural Youth Advocacy Network \(NMYAN\) -](#)

In the June Holidays our Youth Worker travelled to Sydney to meet with people from all over Australia who are representatives for the network. This was a great face to face meeting with some excellent outcomes which will be reflected in greater support, opportunities and advocacy for youth from refugee and migrant backgrounds at a State and National level.

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Other MRC Activities

African Elders

The next African Elders meeting will be held on Wednesday the 21st of July at the Migrant Resource Centre in Molle St. For more information please contact Lynn Lee on 6221 0999.

Suicide Prevention Program

Hip Hop/Wellbeing classes for young people in Launceston will commence on Saturday the 27th of June. For more information please contact Darisha McKnight on 63 322211.

A 10 week men's Taiko Drumming program, facilitated by the Launceston PCYC, will commence on the 2nd of July. This program is open to males aged 20 or over and who are from a migrant or refugee background. Please contact Darisha McKnight on 63 322211 for more information.

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Families In Cultural Transition (FICT)

The Eritrean/Ethiopian group of our Families in Cultural Transition – FICT program has completed their workshop series. The group participated in an intense program of 9 workshops and many lively discussions about issues related to settling in Australia. In the final session the participants celebrated their achievements by having a game of Mini golf in the Moonah Mini Golf Centre. It turned out to be a nice winter's day and despite a few showers, in the end everybody enjoyed the game. We thank and congratulate the group for their commitment to the FICT program and wish them all the best for their future in Hobart.

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Tasmanian Transcultural Mental Health Network State-wide Forum

The annual Tasmanian Transcultural Mental Health Network State-wide Forum will be held at the Launceston Tram Sheds on Friday the 27th of August. Service providers and mental health workers are invited to express interest in providing a 20-30 minute presentation on their work, research or program development, focusing on

supporting the mental health needs of people from culturally and linguistically diverse backgrounds.

Greg Turner from the Queensland Transcultural Mental Health Centre will be the key note speaker. Greg manages the Queensland state-wide program of multicultural mental health coordinators and is responsible for Queensland transcultural mental health policy direction. Greg is a registered psychologist and a lecturer with the University of Queensland, School of Medicine.

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Launch of "Our Traditional Culture" Refugee Week exhibition

On Friday, 25th June 2010 the MRC launched its Refugee Week Exhibition that will feature until June 30th, 2010 at the Moonah Arts Centre. *'Our Traditional Culture'* is the third annual exhibition devoted to the art and craft of refugee communities in Greater Hobart developed through a partnership between The Migrant Resource Centre, Reclink and Glenorchy City Council through the Moonah Arts Centre.

The event was open by Ms. Cassy O'Connor - Cabinet Secretary with portfolio responsibility for Multicultural Affairs in front of a crowd of about 130 people. There was a performance by Adungu musical group, playing traditional hand made instruments from Sudan, a live demonstration of weaving on a loom.



'Our Traditional Culture' is the first to incorporate the outcomes of a series of workshops developed and conducted by the Migrant Resource Centre in

2010 as a proactive contribution to the maintenance and sharing of valued traditional craft practices. Workshops and exhibition coordination were funded under the Department of Premier and Cabinet's Community Capacity Building Grants Program 2009-10. Some of the objects exhibited are the result of several workshop sessions carried out at MRC. Documentation of the workshops is presented in the exhibition. Objects and practices exhibited include traditional tailoring, embroidery, basket weaving and traditional instruments.

MRC is grateful to Ms. Suzanne Feike for her extra efforts and playing a significant role in the management of the event. Suzanne was also supported by other staff members including MS. Paula Silva (Arts Project Co-ordinator), Ms. Lynn Lee and the Admin team at MRC. A big thank you to the following groups of people for their contribution:-

- Workshop leaders: Sahr Musa, Hawa Lahai, Fayine Beyan
- All the Workshop Participants
- Baindu Tamba and Ponsiano Oballoker
- African Elders Group
- Sean Kelly and the staff at the Moonah Arts Centre

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Community Partners Program State-wide Forum 2010

The MRC Community Partners Program (CPP) State-wide Forum was held at The Grange, Campbell Town on Friday 28th May. The forum focused on Palliative Care issues for older people from cultural and linguistically diverse backgrounds and was a great success with over 100 people attending from around the state. The program included speakers, presenters and workshop leaders with the welcome address by Dr Gillian Long, Phoenix Centre Manager and the opening address by Drew Beswick, Acting State Manager, Tasmanian Office, Australian Government Department of Health and Ageing .

Malcolm Tyler & Christine Batten from Hobart Community Health Social Work Service provided their presentation *Talking and learning together in Palliative Care*. Sharon Andrews, a PhD Candidate, School of Nursing & Midwifery, UTAS, Research Associate, Wicking Dementia Research and Education Centre presented her paper *Providing a palliative approach to care for CALD people in residential aged care facilities: challenges and innovations*.

Kiros Hiruy, a PhD Candidate, Institute of Regional Development, UTAS, and an Ethiopian Community Representative spoke about the *Cultural Implications to Palliative Care for African Australians* giving insight into community issues and a cultural aspect on service provision for African community members. Teresa Grabek, the Welfare Programs Coordinator & CPP Project Officer, Polish Welfare Office spoke about *Caring for my community - a Polish Perspective*, on care issues for Polish community members in Tasmania.



Julie Harvey (DoHA) and Marianne Potma (MRC Frail Aged Program Manager) at CPP State-wide Forum.

Dr Robyn Brogan, Clinical Senior Lecturer, NW Rural Clinical School, UTAS gave a workshop *How can we make Palliative Care issues more sensitive to the needs of Refugees and their carers?*, highlighting palliative care issues for Refugees in Tasmania. Lynn Lee, the NSPS Project Coordinator

& Counselor, MRC Phoenix Centre presented a workshop on *Coping with trauma – the experience of people from CALD backgrounds in Tasmania*. Jenny Fuller, from Palliative Care Volunteer Training, Hospice Care Association of Southern Tasmania Inc. provided a workshop on *Palliative Care Volunteer Training*.

The forum provided networking opportunities, links to local CALD community through CPP Bi-cultural Workers from the north, north-west and south of the state, CALD resources and an opportunity to provide feedback for the Community Partners Program on CALD issues for service providers throughout the state.

This annual forum provides information, resources and connections for aged care service providers, diversional therapists and CALD communities from all regions of the state. The forum focuses on specific areas of interest and issues affecting service provision for people from cultural and linguistically diverse backgrounds. These communities may be very small and fragmented especially in rural and regional areas and may be isolated due to cultural and language barriers. Cultural needs and issues should be addressed when aged care services are provided and the Community Partners Program supports and provides aged care service providers with CALD information and resources for this process.

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News from MRC Staff

MRC's Partners in Culturally Appropriate Care (PICAC)

Hans from the Partners in Culturally Appropriate Care (PICAC) program submitted earlier in the year an abstract to the Aged Care Standard & Accreditation Agency to be presented at the annual better Practice Conference in Hobart.

The topic of the submission is: 'Supporting older people from diverse backgrounds who have experienced trauma'. The Agency accepted the

abstract and invited Hans to present on this topic not just in Hobart but at all Better Practice Conferences around Australia. Needless to say that Hans accepted the invitation as he understands (and feels strongly about) the issues faced by many members of our CALD communities.

Countless older migrants from Europe and around the world experienced the horrors of WWII and other conflicts. Many were in concentration camps or prisoners of war. Many lost family members, their home and possession. Millions were displaced. As a result many older people from CALD background develop PTSD with symptoms such as:

- Repeated 'reliving' of the event, which disturbs day-to-day activity
- Flashback episodes.....over and over again
- Distressing memories
- Repeated dreams

Through the presentations and workshops Hans aims to increase the understanding and management of older CALD people who have experienced trauma and are using aged care services.

Hans facilitated numerous workshops throughout Tasmania and has presented for the Agency in Adelaide and Hobart with Perth, Melbourne, Sydney and Brisbane to follow.

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HACC Staff

Imke Peters, HACC Client Worker, is on holidays at the moment. MRC HACC staff and volunteers have completed Conflict Resolution and Challenging Behaviours workshops and will be doing Food Safety workshop at the beginning of July.

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MRC SERVICE UPDATES

New Phoenix Centre Office

The Phoenix Centre's Hobart office has moved! The Centre is now located on the First Floor, 191 Liverpool St, Hobart (opposite the entrance to Spotlight) Tel : (03) 62210 999. We have much

more room than we had previously and are now able to provide services to our clients in a more spacious and appropriate environment.

DHHS Health Consultations

On behalf of the Department of Health and Human Services, the Phoenix Centre is conducting consultations with communities throughout Tasmania regarding the provision of health services for Tasmanians from refugee/humanitarian backgrounds. Twelve focus groups will be conducted – five in the North and seven in the South – and community members will be asked to complete questionnaires regarding their health needs and experiences in Tasmania.

Anyone interested in participating in a focus group or completing a questionnaire should contact Barbara Lloyd on 6221 0999 or blloyd@mrchobart.org.au
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MRC HACC Croatian Day Centre

MRC started the Croatian Day Centre on the 22nd of June from the German Club premises. This is due to the fact that the Croatian Club's kitchen is being refurbished and will not be ready for another couple of weeks. We will hold an official launch once we are running the Day Centre from the Croatian Club. The turn out for the first session was excellent with everyone enjoying themselves and the food provided.

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Emerging Communities Employment Support Services Centre (ECESS)

The Emerging Communities Employment Support Services project aims to provide a centre for emerging community members to be informed and/or educated by Job Services Australia, federal, state and local governments and NGO's on relevant topics such as: employment, traineeship / apprenticeship opportunities, training, police, youth justice/PCYC, health including torture and trauma counselling, housing services, governments and responsibilities. MRC will make available to

emerging community members mentoring, training and educational opportunities.

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FOCUS ON VOLUNTEERS:

Veronique Tabor – Naturopathy & Massage Volunteer

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

I have been working with multicultural communities for a few years, as a translator for migrants and also working in conjunction with the Phoenix center as a Natural Therapist.

My favourite life EXPERIENCE :

I love meeting people from different backgrounds and to share in their experiences. My favourite life experience would be when I started translating some papers for a refugee family in Montreal in order to gain a residence visa. After a lot of patience and work, this family was able to stay in Canada.

I presently spend my daylight hours:

Working at my Naturopathic clinic, enjoying my family & grand children on the week end, and walking my dogs at the beach

I admire :

The Dalai Lama

I laugh when:

The sun is shining, when a baby is born, when I am happy.

The biggest challenge I find is?

Trying to fit everything I want to do in one day!

My wish for the CALD communities of Tasmania :

To go on with excellent job they are doing

My multicultural hero :

I don't really have one hero. I admire people that give their heart, love and wisdom to others, such as the Dalai Lama and Mother Theresa

Volunteers needed for :

Emerging Communities Employment Support Services (ECESS) – requires a Volunteer to provide support for specific ECESS activities, workshops and training including administrative needs. We are looking for someone with a desire and/or skills necessary to assist ECESS clients to be job ready. If

you have good communication and listening skills, sound understanding of confidentiality and an interest in empowering refugees and humanitarian entrants, drop into our office on 49 Molle Street or call (03) 6221 0999 for more information.

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Cultural Calendar Dates – July 2010

July 1 : National Day - Burundi

July 1 : Canada Day

July 3 : National Day - Belarus

July 4 : Paniyiri Greek Festival (Paniyiri is Brisbane's well known celebration of Greek culture and heritage, held annually at Musgrave Park . Visitors enjoy delicacies from the different islands and regions of Greece, together with music and dance).

July 4 : Tartan Day (Tartan Day is a celebration of Scottish heritage that commemorates the 1782 repeal of an English law that had banned the wearing of tartan)

July 4 : Independence Day - United States of America

July 4 : NAIDOC Week (to 11 July) - NAIDOC is a celebration of Aboriginal and Torres Strait Islander cultures and opportunity to recognise the contributions of Indigenous Australians in various fields

July 5 : National Day - Cape Verde

July 5 : Liberation Day - Rwanda

July 5 : National Day - Venezuela

July 6 : National Day - Comoros

July 6 : National Day - Malawi

July 7 : National Day – Solomon Islands

July 9: Martyrdom of the Báb (The Báb was executed in 1850. He was a prophet and forerunner of the Baha'i faith. Work is suspended on this day).

July 10 : Independence Day - Bahamas

July 11 : Anniversary of Mondaygolian People's Revolution

July 12 : National Day - Kiribati

July 12 : National Day São Tomé and Príncipe

July 13 : National Day Montenegro

July 13 : Ulambana (Obon) - Festival of the Hungry Ghosts (Mahayana tradition).

July 14 : Bastille Day – France

July 19 : Tisha B'Av - On this day Jewish people commemorate a list of catastrophes which have befallen the Jewish people since ancient times. It is a day of fasting.

July 20 : New Year's Day - The Mandaean community are an ancient religious community from southern Iraq and Iran

July 20 : National Day Colombia

July 21 : Accession of King Leopold I (1813) Belgium

July 23 : Anniversary of Revolution of Egypt

July 26 : National Day Liberia

July 26 : National Day Maldives

July 26 : Asalha Puja (Dhamma) Day - This Theravadin Buddhist date commemorates the first sermon delivered by the Buddha after his enlightenment.

July 28 : Independence Day Peru

July 30 : Throne Day Morocco

July 30 : Independence Day Vanuatu

July 31 : Brisbane Valley Multicultural Festival - This festival features arts, crafts, food and a variety of events including medieval re-enactments, concerts and dancing

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COMMUNITY GRANT ALERTS

Tasmanian Government and the Tasmanian Food Security Council – closes 2 September 2010: Tasmanian Food Security Fund

Up to \$500 000 is now available through stage one of the Tasmanian Food Security Fund to establish innovative responses across the State that will improve Tasmanians' access to a supply of food that is sufficient, reliable, nutritious, safe, affordable and sustainable.

The Tasmanian Government and the Tasmanian Food Security Council are seeking proposals, up to the value of \$250 000, from individual and coalitions of organisations across community, government and business.

Documents are available from the internet at www.tenders.tas.gov.au or contact the Community Nutrition Unit, Level 3/25 Argyle Street, Hobart or phone 6222 7222 or email community.nutrition@dhhs.tas.gov.au

Interested organisations are encouraged to attend an information session on Thursday 8 July 2010 from 2-4pm. The session will be held in Hobart and video linked to Launceston, Devonport and Burnie. Register for the session by 6 July 2010 by contacting the Social Inclusion Unit on 6232 7093 or by emailing siu@dpac.tas.gov.au

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Broadband for Seniors Kiosks funding

The Australian Government has committed \$15 million over three years (2008-2011) for the provision of 2000 internet kiosks to organisations that support seniors and want to host a Broadband for Seniors Kiosk and participate in this project.

The project aims are to provide seniors with free access to Broadband for Seniors Kiosks, help them gain confidence using computer technology, and to build community participation and social inclusion amongst older Australians.

It benefits organisations that want to compliment their facilities with new technology to support their seniors with free access to the Internet, computers and basic training.

It benefits seniors who feel threatened by new technology and the Internet. It will enable seniors to learn for free how to use a computer, access the Internet and communicate with friends and family via email.

Kiosks are located in community centres, retirement villages and clubs interested in participating in the *Broadband for Seniors* initiative. Kiosks are gifted to the hosting organisations and become their property upon delivery; but, must be exclusively used for the BFS project until 30 Jun 2011.

For further information go to <http://www.necseniors.net.au/>

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Community Capacity Building Grants

Department of Premier and Cabinet's Community Capacity Building Grants will be opening in late July/early August 2010.

Now is the time to start thinking about projects you may want to apply for once the grant funding opens.

Opportunity To Access Youth Development And Support Program Grants – Closes 9 July 2010

Please be advised that the 2010-2011 funding round for the Youth Development and Support Program is now open.

The Youth Development and Support Program provides grants to support development opportunities for young people in Australia aged between 12 and 25 years. This year there are two streams of funding:

Stream 1 offers grants of up to \$40,000 and is targeted at community-based organisations to provide opportunities for young people in their local community.

Stream 2 offers grants of up to \$70,000 and is open to national youth organisations operating in more than one jurisdiction, to provide opportunities for young people from across Australia to become involved in community-based activities, or to engage in initiatives that are across state borders through national youth organisations.

It is anticipated that the majority of the grants made as part of the Program will be around \$15,000. Organisations have up until **Friday 9 July 2010 (5pm AEST)** to apply for funding. Information about the grants process, including guidelines and application form, are available at www.youth.gov.au/ydsp.html.

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Calvary Community Grants – closes 23 July 2010

Community organisations are invited to apply for support under the Calvary Community Council's latest general grant round. The following four areas of community need have been identified for funding:

- Nutrition
- Early Childhood
- Older People
- Oral Health

Preference will be given to not-for-profit community organisations that meet the criteria as outlined in the guidelines. Application packages

and guidelines can be obtained by contacting Jenny Plapp on 6278 5224 or by email at j.plapp@calvarytas.com.au
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Puggy Hunter Memorial Scholarship Scheme (Aboriginal and Torres Strait Islander Health Scholarships) – closes 20 August 2010

Open to Aboriginal or Torres Strait Islander people who:

- Are currently studying or wanting to study in a health related field at TAFE or university
- Wanting to further their career prospects through formal study
- Who need financial assistance with health related undergraduate or TAFE studies

The application form is available for download from www.rcna.org.au (note: did not appear to be up when I checked on 28/6/2010) or by calling 1800 688 628 or by emailing scholarships@rcna.org.au

For more information on other Royal College of Nursing Australia scholarships go to <http://www.rcna.org.au/scholarships/scholarships>
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Commonwealth Bank Staff Community Fund Community Grants Program - closes 30 July 2010

The Commonwealth Bank's Staff Community Fund has helped protect the health and well-being of Australian children since 1917. Donations come from current and retired Bank staff and are used to help support youth programs. Each year we offer grants of up to \$10 000 to organisations in need and in 2010, \$550 000 will be made available to Australian charities through the program.

To be eligible to apply, your organisation needs to:

- Support the health and wellbeing of Australian children
- Identify realistic, measurable and achievable project goals and outcomes
- Be endorsed by the Australian Tax Office with Deductible Gift Recipient (DGR) status

The ABN/ACN supplied on all applications will be checked by the Staff Community Fund to ensure DGR status is valid.

For more information go to <http://www.commbank.com.au/about-us/in-the-community/employee-giving/staff-community-fund/supporting-children.aspx>
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Tune in to Hobart FM 96.1 to get more updates from the Migrant Resource Centre (Southern Tasmania) Inc on the last Monday of every month. Next broadcast is on Monday, 26th July, 2010 at 1pm.

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