

Support Asian Women's Friendship Association Inc.

亞洲婦女聯誼協會

Empower Women from Culturally and Linguistically Diverse (CALD) backgrounds



NEWSLETTER

October 2020

Dear Members & Friends of Support Asian Women's Friendship Association Inc.

We hope you all enjoy the last few days of rain and then sunny and warmer weather.

SAWs is excited to announce that we have a new upcoming one day event, Get Online Week!

Now more than ever digital platforms have become essential for connection.

This Event is an interactive, fun and educational FREE event: "Now's the Time to Get Online". This event will empower individuals to become active and confident online by helping to develop their digital skills through fun interactive learning with other members of the community. We will be hosting THREE back to back events. Starting with an online exercise class, moving to a tutorial on how to pot a plant (plant provided FREE prior to event, in the event pack) and we will end with an educational digital skills lesson using the BeConnected platform.

Date: 22nd October Thursday

Time: Exercise class 10:30am, Plant Potting 11:30am, Digital Skills 12:30am

(you can join any or all of the separate events at any point throughout the morning)

Location: YOUR OWN HOME! Online via Microsoft Teams

Prior to the event day, we will provide and deliver registered participants an event pack. Which will include materials both for the day of the event, as well as additional resources. (this includes a FREE sample plant for the potting session!)

Registration is required by 16th Oct that able us to deliver the Event Pack. For more information or to register please go to our website

<https://www.sawsfriendship.org.au> to obtain the Get Online Week Event poster or email us at info@sawsfriendship.org.au.

SAWs continues running two adult community education programs via online-virtual teaching, a computer and English class, in two different levels. These classes are free for eligible participants or at minimal cost - including class materials! These classes are open to male and female participants and are an interactive and fun way to gain greater computer and English skills.

For those who are over 50, and want to learn a little bit more about how to use their digital devices, such as phones or computers, we have a new project called **Building Digital Skills**. This project will cover several topics about the digital world which will help enable you to access different platforms and applications with confidence. You can do these activities via online-virtual learning or, face-to-face in small groups. By the end of each session, you will gain more and more confidence and skills to access and explore online.

Want to increase your physical wellbeing? SAWs is also running a free physical wellbeing exercise program, on every Tuesday mornings from 9:15am-9:50am online-virtual (except school and public holidays).

If you are interested in any of the above programs or projects; or would just like to know more, please send any inquiries through to info@sawsfriendship.org.au or give us a call on-0422737751.


2020-2021 Membership

SAWs wants to sincerely thank all members and stakeholders for your continued understanding and support through these difficult times, we know it hasn't been easy! To show our appreciation we are pleased to announce that we will be waiving the costs of this year (20-21) SAWs' memberships. New members: this means no membership fees need to be paid, you can simply register with us and have full access to all our services and programs. Current members: your memberships will roll over for a new year into 2021, with nothing needing to be done on your end. We understand that these are tough times in so many different areas of our lives: mentally, emotionally, physically and financially (just to name a few). We are thankful to have such supportive members, and hope that this small gesture will reflect our gratitude. Your wellbeing is our number one priority and any support we can help supply to you all, is our privilege.

SAWs 2019-2020 Annual General Meeting (AGM) Is Coming in November

This year SAWs' AGM will be held on 28th Nov 2020. In the past years, our annual Christmas lunch was following straight after the AGM in the restaurant. Due to social distancing regulation is still in place, at the moment we are not sure the AGM & Christmas lunch can be held under face-to-face environment. Nevertheless, please keep 28th Nov. date open and we will soon let you know how we will hold the meeting and the luncheon.

Useful community information:

ACT government has new announcements about COVID-19 about travelling outside of the ACT. Please go to their website <https://www.covid19.act.gov.au/home> which contains up-to-date COVID-19 information in many different languages. Click on the link, on the home page: at the top Right-hand corner, find **select language**  and click to choose your prefer language.

FREE Wellbeing Calls are available to anyone who is feeling lonely or isolated. A friendly chat with an Australian Red Cross Volunteer is just a phone call away. Call (02) 6234 7630 between 8am and 4pm Monday - Friday. **ESSENTIAL FOOD AND SUPPLIES** If you have been impacted by COVID-19 and need help accessing essential food and supplies, the Canberra Relief Network may be able to assist. Call 1800 43 11 33 between 9:30am and 2:30pm Monday to Friday.

KNOW YOUR NEIGHBOUR-

The Know Your Neighbor program encourages the community to build better relationships with the people who live around us. The Know Your Neighbor Card is designed to be filled in and placed in neighbors' letter boxes offering support and connection. The cards are available for download at act.gov.au/ConnectinCanberra as well as being distributed in the Canberra Weekly, into letterboxes by Neighborhood Watch volunteers, through government shopfronts and libraries.

COMMUNITY ACTIVITY PACKS

Community Activity Packs are a way of assisting people in the community to commemorate and celebrate special days when physical distancing restrictions are in place. Packs are available at local supermarkets, libraries and Access Canberra shopfronts as well as being available for download at act.gov.au/ConnectinCanberra

Care Inc, through the Consumer Law Centre, provides a free information and advice service that can assist you with information about the defined benefits available to you, how to apply, how to have a decision reviewed and where to get more help if you need it. More information about the Defined Benefits Information Service is available if you call **1300 209 642**, or if you visit our website <https://www.carefcs.org/dbis>.

In this newsletter, we also attached “Protect Yourself from COVID-19 Information For Seniors” Factsheet.

SAWs understands that all Australians are facing uncertainly at this time, we may be physically isolated from one another, but we can still connect and support one another in other ways. Please remember that we are here to help you in any way we can. You can continue to contact us from Monday – Thursday, from 10:00am – 4pm through emailing us at : info@sawsfriendship.org.au or by phone 62926001 /0422737751 and we will try our best to assist you. This newsletter has Chinese version, to request one, please send email to info@sawsfriendship.org.au. We’re hoping to provide other languages version in the future. Would you like to suggest one or two!

Ladies, you may like this 2020 special jewelry! 😊



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SAWs Information and Admin Team

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