

*Empowering Women From Culturally and Linguistically Diverse
(CALD) Backgrounds*

Dear SAWs Members and Stakeholders,

We apologize for the lack of communication for the most part in these last few months whilst we have all been finding our feet with all the new changes, we hope this email finds you well.

These are trying and challenges times for the country (and world on the whole), and some areas are far more effected than others. We are fortunate thus far here in the ACT, so please keep up the good work, wash your hands often and keep 1.5-meter social distancing.

For the safety of our members and participants, all SAWs face-to-face activities are continued to be suspended until further notice. However, we will continue to adapt with the times and restructure our programs to suit our participants and provide them online activities, as we have been since May.

SAWs has been running two Adult Community Education (ACE) Programs: Basic and a secondary level of computer and English classes since mid-May, via online-virtual teaching (Mondays and Tuesdays). We have been very pleased with the results and have received positive feedback and continuous enrolments. Outside of our educational programs, we are also running free sessions of Building Digital Skills project for people over 50 and want to learn more about how to use their phones and computer devices to access different types of online programs and other useful websites. This project can be run via online-virtual learning or face-to-face in a small group setting. By the end of each session, participants able to gain confidence and skills access online. Other exciting project, SAWs also running a physical wellbeing exercise programs, on every Tuesday mornings for 35 minutes. If you are interested any of the above programs or would just like to know more, please send any inquiries through to info@sawsfriendship.org.au or call Prillisia on-0422737751 for more information.

2020-2021 Membership

SAWs want to sincerely thank you all members and stakeholders for your continued understanding and support through these difficult times, we all 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 SAWs' memberships. New members: this means no sign-up fee, or membership fee needs to be paid, you can simply register with us and have full access to all our services and programs. Current members: your memberships will simply roll over for a new year into 2021, with nothing on your end needing to be done. We understand that these are tough times in so many different areas of our lives, mental, 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.

Other useful community information:

ACT government has new 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 top Right-hand corner, find **select language** and click to choose your prefer language.

The NDIA has now released COVID-19 information in languages other than English. These include: Arabic, Chinese (Simplified), Chinese (Traditional), Filipino (Tagalog), French, Greek, Hindi, Italian, Macedonian, Samoan, Spanish and Vietnamese. This information can be found at <https://www.ndis.gov.au/coronavirus/information-languages>

The University of Canberra Counselling Clinic provides low cost, professional and confidential counselling to students and the community

A counsellor can:

- *give you support so you can tackle difficult problems and issues and find ways to solve or come to peace with them

- *can provide you with the tools and strategies to approach problems with confidence and clarity

*help keep small problems from becoming big problems

The counselling clinic is student led and provided at a minimal cost for clients - \$10 an hour for a limited time only.

To book an appointment:

Phone: (02) 6201 5843 or Email: healthclinic@canberra.edu.au

Save yourself a trip to the tip:

Take advantage of the ACT Government's Free bulky waste collection service. Collects have started in Tuggeranong and Gungahlin and residents can book one free collection per year of up to two cubic meters of unwanted bulky household items. The service is also available to concession card holders in all ACT suburbs.

Lastly, we hope you are all keeping safe and well, keep doing your part: remember to keep up with hygiene, wash your hands as often as appropriate and possible, and keep your 1.5m distance.

At SAWs, we understand that all Australians are facing uncertainty 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. It is important to us and how best we can improve our services, you can provide us feedback. You can continue to contact us from Monday – Thursday, from 10:00am – 4pm through email info@sawfriendship.org.au or by phone 0422737751 and we will try our best to assist you.