



SAWs

Support Asian Women Friendship Association Inc.

亞洲婦女聯誼協會

Bulletin Issue 3, July 2015

Hello to all the members! Winter is definitely upon us and we hope that everyone is adapting to the change in the weather, keeping warm and staying connected!

Change seems to be the theme of this newsletter. We have had some changes with the SAWs Mother's Hub Group at the Franklin Early Childhood School. Anna, who was the Mother's Hub Coordinator, has decided to step down from her role as Mother's Hub Coordinator and her position as the Treasurer with the SAWs Board. On behalf of SAWs, we would like to thank Anna for her work and commitment to SAWs and particularly, to the Mother's Hub. We wish Anna all the best for her future endeavours.

Prillisia will take on the responsibilities of coordinating the Mother's Hub group, with assistance from our members from time to time. At this time, we also would like to express our appreciation to Annette, our lovely community coordinator at the Franklin Early Childhood School, whose continued support of SAWs makes it possible to run the Mother's Hub group. We also appreciate the support of our members who contribute their time and energies to ensuring that our activities are inclusive and enjoyable for all.

The Multicultural Mother's Hub hosted some interesting and informative talks during Term 2. Teddele Berhe and Thelma Johnson from Hepatitis ACT presented a talk on Hepatitis Awareness which was well received by our members.

Our Seniors to Seniors Program and monthly gathering continue to provide an opportunity for our members to connect and enjoy activities together. They are well attended and despite the weather, we encourage our members to continue to take advantage of our social networking and activities.



The student study project will be underway during the rest of the year. Members are encouraged to participate by providing feedback and your thoughts on SAWs services. Are there any other services or activities that you would like to see being offered by SAWs? The student study project is the perfect opportunity to have your say and SAWs would really appreciate your thoughts. People who are willing to participate in focus group are invited to contact us. We would highly appreciate any comments, advice and whatever concerns or issues you may have.

We have included a list of activities in Canberra in the coming months to help you with ideas for yourself, your family and friends.

Lily

The Support Asian Women's Friendship Association Inc (SAWs) presents:

Learning Basic Computer and English Skills for CALD Backgrounds Adult Learners

This course aims to teach basic computer skills and provide students with basic conversational English as well as providing assistance in writing English.

Seats are limited.

When: Every Tuesdays during school terms

Time: English Class – 10.30pm to 12.15pm

Computer Class – 1pm to 3pm

Where: Woden Library

Cost: Gold coin donation for each class

More info: Please call Prill on 0422 737 751

Stepping Up - Learning Workplace Computer and English Skills for CALD Backgrounds Adult Learners

This course aims to teach modern communication technology computer skills and provide students with workplace conversational English.

When: Every Wednesdays during school terms

Time: Computer Class – 10am to 12pm English

Class – 12.30pm to 1.45pm

Where: Gungahlin Library, Gungahlin

Cost: \$2 donation for each session

More info: Please call 0422 737 751 to reserve your seat

These projects were made possible with assistance from the ACT Government under the Adult Community Education Program.

Proudly supported by the ACT Public Library.

Money saving tips!

DownLight Up Grade Program by ActewAGL

ActewAGL Energy are running their free light upgrade programs. Free Led bulbs for your entire home including free installation!

Book an appointment with ActewAGL Energy Efficiency team and they will replace your Halogen bulbs with Led bulbs for free.

Call: 1300 789 002 or

visit www.actewagl.com.au/housecalls to book.

Outreach Energy and Water Efficiency Program

Northside Community Services energy-efficiency program for low-income households.

Northside Community Service, on behalf of the ACT Government's Environment and Planning Directorate, runs an Energy and Water Efficiency Program for eligible low-income households.

For eligible householders the program provides:

- a basic household energy efficiency assessment
- education on how to be more energy efficient
- home draught-proofing to prevent heat escaping through gaps around windows and doors.

More info: Please contact, the energy efficiency officer at Northside Community Services: Udaya Kumar on 6163 0428; 0420 528 587.

What is happening in Canberra?

YOUTH SCHOOL HOLIDAY PROGRAM (12 - 25 years)

Belconnen Community Services - The Youth School Holiday Program operates from 12pm to 5pm Monday to Friday, during the school holidays at the corner@bcs (excluding public holidays). The corner@bcs is located on the corner of Chandler Street and Swanson Court. We offer a range of activities everyday. In addition to these daily activities there are excursions on offer throughout the holiday period. Cost: All activities are offered for FREE!

Contact Merin Ahern on 6278 8109 or Email Merin.ahern@bcsact.com.au to obtain a program and permission note Or visit <https://www.facebook.com/bcsyouthservices>

Skate in the City

Canberra's CBD will once again be transformed into a winter wonderland with the return of Skate in the City in 2015.

Now in its fifth consecutive year Canberra's only open air ice rink will be in Garema Place as part of a dazzling winter celebration from Friday 26 June to Sunday 26 July.

Greek Dance Afternoons

Join a friendly group learning Greek dances, both traditional village and modern. All dances will be taught and no partner is needed. A small plate of afternoon tea to share would be appreciated.

When: Saturday, 4 July 2015 & Saturday, 8 August 2015

Time: 1.30pm to 4.30pm

Where: Folk Dance Canberra Hall, 114 Maitland Street, Hackett

Cost: \$10

More info: Maria - 6231 4472 or folkdancecanberra@gmail.com

World Curry Festival in the City 11-12 July

This two day event will bring colour and flavour into the heart of Canberra City. Visitors can expect to be wowed by celebrity chefs, tantalise their taste buds with street food, pick up some goodies at the market stalls, take home some travel advice and delight in a variety of live entertainment.

Where: City Walk next to the popular Skate in the City ice skating rink in Garema

When: 11 July Saturday 11am to 9pm
12 July Sunday 11am to 6pm

More info: <http://www.inthecitycanberra.com.au/events/curry-in-the-city/>

Tuesday Chinese Seniors Group Meeting

The ACT Chinese Aged Care Information and Referral Service (ACTCACIRS) for the Chinese community in the ACT conduct weekly senior group meetings every Tuesday from 10am to 3pm. Working with Southside Community Services, the meetings focus on providing information and responding to enquiries about accessing various types of aged care community services and residential care facilities available in the ACT.

When: Every Tuesday

Time: 10am to 3pm

Where: Function Room, Theo Notaras Multicultural Centre, Level 2, 180 London Circuit, Canberra City

More info: Website: www.actcaa.org.au/actcacis

Email: actcacis@bigpond.com

Telephone: 02 6248 5829

ACT Seniors Newsletter (June 2015)

The ACT Seniors Newsletter (June 2015) is now available online. For this and past editions of the Newsletter, please visit the website:

<http://www.communityservices.act.gov.au/wac/aging/e-news>

Yarralumla 2015 Midwinter Arts and Crafts Show.

The show supports local craft workers and artists, and the funds raised support community causes. Last year's show provided donations to Sids for Kids, Companion House, NoSweat Fashions, Paperworks Inc, Kairos Outside and The Canberra Hospital Foundation.

The Official Opening will be at 6.00 pm on Friday. Ms Gai Brodtmann will Officially Open the show.

When:

Friday – 26 July 2015 (10.00 am to 8.00 pm)

Saturday - 27 July 2015 (10.00 am to 5.00 pm) - concerts in the Church at 1.30pm

Sunday - 28 July (12.00 noon to 5.00 pm) - concerts in the Church at 1.30 pm

Where: Yarralumla Uniting Church Centre, Denman Street, Yarralumla

More info: Contact Lynne Thomson
0419 461 880 lynne@thomzone.com

2015 Midwinter Arts and Crafts Show

The awards ceremony will be held in November and will be presented to individuals or organisations in categories. This year the show will introduce an additional category - ACT multicultural young person (12-25) of the year – in recognition of the efforts of young people working or volunteering for the benefit of multiculturalism in Canberra.

Nominations close 5pm, 1 September 2015.

More info: Nomination forms and further details are now available online at http://www.communityservices.act.gov.au/multicultural/multicultural_awards

Migrant and Refugee Settlement Services of the ACT Inc. (MARSS): Legal Advice Clinic

MARSS hosts a legal advice clinic on Fridays on a fortnightly basis. Legal Aid ACT provides this service to clients who wish to receive free legal advice service.

We also welcome walk-ins.

When: very fortnight on Fridays, starting from 22 May 2015

Time: 9.30am to 12.30pm

Where: Theo Notaras Multicultural Centre, 2nd Floor North Building, 180 London Circuit, Canberra City

More info: Book a half hour appointment by calling MARSS Reception on (02) 6248 8577

Using health services in the ACT: a guide for people from culturally and linguistically diverse backgrounds

Using health services in the ACT is a new handbook from ACT Health to help people from culturally and linguistically diverse backgrounds to choose the right health service when they are sick or injured, especially those that are new to Australia or the ACT.

For copies of the handbook, contact Catherine Gray, Multicultural Health Policy Unit, ACT

Health on (02) 6205 4050 or catherine.gray@act.gov.au.

An electronic version of the handbook is also available online.

2015 Project Resilience – Active Retirees

St John ACT is proud to present two FREE presentations to help build the resilience of the Canberra community. These relaxed and informative presentations, delivered by St John volunteers, are targeted at active retirees and their families. The two topics will be repeated at different times throughout the year.

Tuesday, 14 April 2015 (7pm) Tuesday, 12 May 2015 (7pm)

Wednesday, 24 June 2015 (2pm) Wednesday, 22 July 2015 (2pm)

Thursday, 27 August 2015 (7pm) Thursday, 24 September 2015 (7pm)

Saturday, 31 October 2015 (2pm) Saturday, 21 November 2015 (2pm)

All presentations held at 14 Thesiger Court, Deakin (unfortunately this training is up a flight of stairs)

More info: RSVP: admin@stjohnact.com.au or telephone 6282 2399

Mark your diaries as October 4-10 is Mental Health Week 2015 in the ACT.

This year promises to be another wonderful week celebrating the achievements and recovery of people who live with mental illness, their families and carers. It is also a great opportunity to help get the word out there about your services and promote mental wellness.

Check out our new website that answers all of your questions about how to get involved. We'd love to see you there! -

www.mentalhealthweekact.org <<http://www.mentalhealthweekact.org>>

This project was made possible by the support of the ACT Government's 2014-15 Participation (Multicultural) Grant Program