



## President Corner

Greetings from the SAWs' Board. I hope you all had a wonderful and safe holiday season.

This is the first newsletter in the new year of 2014 and I hope that we will provide you with more wonderful and useful programs in the next 12 months.

- I would like to talk briefly about our achievements last year before I go on to our new exciting projects for 2014. Last year we achieved good outcomes in five funded projects. In January- **“Chinese Art and Music Exchange”** performed at 2013 National Multicultural Festival to share and exchange Chinese art and music skills with their peers and the public.
- In June- we finished the project Stay Firm and Be Active – Tai Chi Class for CALD Background Seniors at Southside Community Services.
- In October we held a one day event for Mental Health Week for CALD seniors. The success of the event brought much awareness of mental issues to our older participants.
- At the end of December, two computer and English projects were finished in Woden and Gungahlin Library. All our participants enjoyed the classes and gained more computer and English skills and some gained nationally accredited certificates thanks to our partnerships with ACT Public Library, Capital Careers Pty Ltd and our English and computer volunteers.



- The Multicultural Mothers Hub in Gungahlin. I thank our hard working volunteers for their works to reach out other mothers on the north side of Canberra. I also thank Gungahlin Community @ work for their free room to cater our mothers.



- We brought a new life to our past most popular unfunded project - a cooking club in a new format-“Multicultural Seniors Wellbeing and Food Club”. The purpose of the new Club is to improve our seniors’ health and wellbeing through social and informative sessions. The Club’s activities are stimulating and enjoyable.



### The New Year-2014

Now we are talking New Year Resolutions. An exciting new project - “**Seniors to Seniors (StS): Call Connection and Building Friendship**” which caters for all seniors, particularly those from CALD backgrounds.

This project is designed to increase seniors’ interaction, connection and communication by building friendships with other seniors. I believe those involved in this project will gain friendship, heart-warming experiences and satisfaction. So why not involve yourself in this wonderful program. We welcome old and young people, from different backgrounds, volunteering their time to call and talk to our seniors.

I am also delighted to let you know that SAWs will continue to run computer and English classes at two locations in the New Year –Woden and Gungahlin library. Woden Class is for people who wish to learn basic computer and English skills. Gungahlin Class is for people to learn greater computer and English skills and gain an accredited recognition in Electronic Communication. Due to limited seats, anyone is interested in these course can be contacted or register via [email- sawfriendship@hotmail.com](mailto:sawfriendship@hotmail.com) ; or call 0422737751 to book a place.

I look forward to seeing you at one of our activities or projects.

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#### **Volunteers Recruitment**

**We are looking for volunteers from different culture backgrounds would like to be involved in different levels of work for SAWs –such as: building friendship, encouraging others, helping and supporting our women’s needs.**

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