

SUPPORT ASIAN WOMEN'S FRIENDSHIP ASSOCIATION INC.



*Empower Women from Culturally and Linguistically Diverse
(CALD) Backgrounds*

亞洲婦女聯誼協會

2019 Issue 1

Hello everyone, it has been a while since we published our multicultural newsletter and we hope that this Issue 1 finds you all well.

First, SAWs would like to thank the ACT 18-19 Participation (Multicultural) Grant Program who funded this project.

Briefly updating things that happened in 2018 - we finished two community education programs well - Tuesday Day to Day Basic English Class and Stepping Up – Computer and English program of ACE Grant. Changing location for monthly Multicultural Seniors Wellbeing Group in Hellenic Club to meet seniors' needs was one of the highlights for the seniors and participants. All participants have been enjoying the new meeting place, food, community talk sessions and social interaction with one another.

In January of 2019, SAWs Seniors Group started with the seniors meeting in Hellenic Club for Yum Cha. Seniors gatherings will be meeting throughout the year. The 2019 Seniors gathering calendar is out. If you would like one, either go to our website: www.sawfriendship.org.au, send us an email or call us. In February, SAWs conducted 1st session of Be Connected program. The program is an Australian government initiative to help all Australians over 50 to be connected. It was a good turn out on the day. This Program will be running more often during the year. SAWs welcomes opportunities to conduct session/s to any community group/s and it is free. If you know any groups of people over 50 who would like to have private session/s, please do not hesitate to contact SAWs information Team - info@sawswomen.org.au or call 6292 6001.

大家好，自從我們已經有一段時間沒有發布了多元文化時事通訊了，希望這個時事通訊第一版能夠告訴你更多有關會。

首先，亞洲婦女聯誼協會感謝堪培拉18-19 參與的(多元文化)資助計劃為該項目提供資金。

在2018年簡要更新的事情 - 我們完成了兩個社區教育課程 - 週二日常基礎英語課和加強 - ACE Grant 的電腦和英語課程。月度多元文化老年人小組改在希臘俱樂部聚會的目的是為了以滿足老年人和參與者的需求。所有參與者一直在享受新的聚會場所，食物，社區談話以及與其他人的社交互動。

開始2019年。在1月婦女會老年人小組在希臘俱樂部為聚會飲茶，這些聚會將繼續在年內舉行會面。

2019年的老年人聚會日曆已經出版。如果您需要，請訪問我們的網站：

www.sawfriendship.org.au
或給我們發送電子郵件或致電我們。

2月，婦女會進行了第一屆連接 (Be Connected) 方案。該方案是澳大利亞政府倡議，以幫助所有50歲以上的澳大利亞人聯繫。當天結果很好。該方案將在這一年中更頻繁地運行。婦女會歡迎對任何社區團體

Tuggeranong Library on Tuesday and Wednesday morning regardless we don't have any funding to support such good program. All these events are able to happen with big thanks to SAWs wonderful volunteers Karen and Mary.

Please keep in mind, SAWs always focuses to improve our programs and is happy to hear from you what works and what doesn't. We also welcome any new ideas. Let us know to share your views.

SAWs Information Team

Community News:

Help with energy bills

Canberrans on low and fixed incomes will be able to access an increased Utilities Concession for energy bills from 1 July 2019.

Eligible concession card holders with a rebate to help meet the ongoing costs of electricity and gas services. The \$46 increase will bring the total payment to \$700.

More information: assistance.act.gov.au

Top up MyWay Card

Top up your MyWay card using new Transport Canberra ticket vending machines at major bus stations and light rail stops.

The machines are stationed at the Belconnen, City, Gungahlin, Tuggeranong and Woden major bus stations.

More information: transport.act.gov.au

Return containers

Container Deposit Scheme started in the ACT on 30th June 2018. There are 18 return points located across Canberra, for returning aluminium, glass and plastic.

For bulk deposit, you can find the depots in Fyshwick and Phillip.

More information: actcds.com.au

進行參加方案, 並且是免費的。 如果您知道任何超過50人的團體想要參加或私人參加方案, 請隨時聯繫 [婦女會信息組 info@sawswomen.org.au](mailto:info@sawswomen.org.au)或致電62926001

今年我們有兩個圖書館英語課程, 週二是Woden, 週三早上是Tuggeranong. 我們沒有任何資金支持這兩個圖書館英語課程項目. 我們非常感謝婦女會的義工, Karen 和Mary.

請記住, 婦女會 致力於改進我們的計劃, 並樂意聽取您的意見有效和無效。 我們也歡迎任何新想法。 讓我們分享您的看法。

婦女會信息組

社區新聞:

幫助處理能源賬單

從2019年7月1日開始, 收入低和固定收入的堪培拉人將能夠獲得增加的公用事業特許權。

符合條件的優惠卡持有人可獲得折扣, 以幫助滿足電力和燃氣服務的持續成本. 46元的增加將使總支付額達到700元。

充值公交車卡 (MyWayCard)

您的公交車卡 可以在主要巴士站和輕軌站的新堪培拉運輸自動售票機充值。

你可以在 Belconnen, City, Gungahlin, Tuggeranong 和Woden 主要巴士站找到這些自動售票充值機。

Have Your Baby At Home

Eligible Tuggeranong women have the option of birthing their baby in their own home through the Canberra Health Services homebirth trial.

To be eligible for the homebirth trial, you must meet the criteria below:

- be aged between 18 and 40 years
- live within the homebirth catchment area
- have current ambulance cover
- live in a safe working environment (including; adequate lighting, electricity, access to clean hot water, pets that can be secured out of the birthing area, easy access to the home for emergency vehicles, parking availability for two midwives, and reliable phone access at all times.)
- have had at least one, and no more than four, previous healthy pregnancies and uncomplicated births and recovery periods
- be more than 37 weeks and not more than 42 weeks pregnant at the time labour begins
- have a single pregnancy with the baby in a head down position before labour starts
- wish to labour naturally

Eligibility screening continues up until you go into labour. If any issues are identified, you may need to be transferred to the Centenary Hospital for Women and Children to give birth.

If you'd like to find out more about homebirth and whether it's suitable for you, come along to the information session on March 29 and hear from women about their recent homebirth experience.

You can contact the Birth Centre at the CHWC on 02 5124 7625 between 8:30am and 4:30pm, Monday to Friday or for more information or to see if you are eligible for a homebirth visit health.act.gov.au/homebirth.

More information: health.act.gov.au/homebirth

容器回返

集裝容器回返計劃於2018年6月30

日在堪培拉開始。堪培拉有18個返回點，用於回返鋁，玻璃和塑料。

對於集裝容器回返機，您可以在Fyshwick 和 Phillip找到。

讓你的寶寶在家中分娩

符合條件的Tuggeranong

女性可以選擇通過堪培拉健康服務中心的分娩試驗計劃在自己的家中分娩。

要有資格參加分娩試驗，您必須符合以下標準：

- 年齡在18至40歲之間
- 住在分娩區
- 擁有現有的救護車罩
- 生活在安全的工作環境中（包括：充足的照明，電力，乾淨的熱水，可以從分娩區域出來的寵物，可以方便地進入緊急車輛的家中，兩名助產士的停車位以及可靠的電話隨時訪問）。
- 至少有一次，不超過四次以前的健康懷孕和簡單的分娩和恢復期
- 在分娩開始時懷孕超過37週且懷孕不超過42週
- 在分娩開始之前，讓寶寶處於低頭位置進行單次懷孕
- 希望自然勞動

資格審查一直持續到您分娩為止。如果發現任何問題，您可能需要轉到Centenary 婦女和兒童醫院分娩。

Seniors Week

The 2019 ACT Seniors Week will be held from 18-24 March and is a week-long celebration of Canberra's older community.

Seniors Week Expo, which will be held on Thursday 21 March at Exhibition Park in Canberra (EPIC).

Something Fun about Food

*Remember what your mother told you:
Do not play with your food*



www.websense.com

If you want to be added to our Newsletter mailing list (email or postal), or if you have an article or community information you would like included in our future Issues, please email to info@sawsfriendship.org.au

Feel free to pass on information about this newsletter to your friends and colleagues.

如果您想了解更多關於分娩的信息以及它是否適合您，請參加3月29日的信息會議並聽取女性關於她們最近的分娩經歷的消息。

您可以在周一至週五上午8:30至下午4:30之間聯繫CHWC的生育中心，電話02 51247625，或者了解更多信息，或者查看您是否有資格進行分娩訪問health.act.gov.au/homebirth。

關於食物的樂趣

記住你母親告訴你的事：不要玩你的食物



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亞洲婦女聯誼協會

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