

From Enaam's desk

Happy New Year to all our valued readers. We wish you a year of peace and fulfilment.

First of all, I would like to welcome our newly appointed multicultural counsellor, Fattaneh Scott. Fattaneh has been with us for the last two months, and is already winning the hearts of so many people from culturally and linguistically diverse (CALD) backgrounds. Not only does she bring her counselling skills, but she also brings a framework of social justice and community development. Fattaneh has recently been consulting with community educators to identify the most important characteristics of a counsellor working with CALD communities. In addition, she has been networking with several community groups such as the Sudanese and the Cambodian communities. For more on Fattaneh, please refer to page 2.

I would like to express my gratitude and say how humbled I am to get so many requests from people who would like to become involved with P.E.A.C.E. In fact, we have a waiting list of people seeking the opportunity to be involved with their communities in a meaningful way. As a result, we are now looking at making our training more accessible and held on an annual basis.

The year 2005 was very eventful, bringing with it many challenges and learning opportunities which have helped us to move forward and keep improving what we do.

We have received more letters and feedback about the program than ever before – a sign of a true relationship developing between the P.E.A.C.E. team and the community. We continue to welcome your ideas on how we can serve the community better. Many thanks to all who contributed and made sure that their voices were heard. Even negative comments are gratefully received because they remind us to review our ideas, practices and directions. Without them, it would be very easy to focus only on the positive reception of our work, overlooking the views of those who feel differently.

Enaam Oudih
Manager, P.E.A.C.E. Multicultural Services



Above: Enaam Oudih, Manager, P.E.A.C.E. Multicultural Services

Meet Fattaneh Scott

I was born and raised in Iran, and after obtaining a BA degree in Economics from Tehran University I worked in various government departments, the last of which was the Office of the Prime Minister.

Considering myself a world citizen, in 1975 I decided to travel the world and visited India, Africa and Europe. Finally I settled in California for a few years before moving with my family to South Africa in 1981.



Above: Fattaneh Scott

We settled in Ciskei, the homelands for the Xhosa people. While I was working in various capacities in the development field I studied for an Honours degree in Rural Development at the Fort Hare University and later joined the planning section in the Office of the Presidency.

After the release of Nelson Mandela and the return of the exiles I decided to be reunited with my extended family and in 1992 moved to Adelaide and went back to university. I have now obtained an Honours degree in Women's Studies at Adelaide University and am currently finishing a Masters of Social Science in Counselling at the University of South Australia.

Since 2002 I have worked with the survivals of torture and trauma at Survivors of Torture and Trauma Assistance and Rehabilitation Service Inc (STTARS) and the Phoenix Centre in Tasmania.

Now I am home again in my new job with P.E.A.C.E. at Relationships Australia (SA) and I am sure that my stock of experience will assist me in working with a range of clients from different cultures.

Fattaneh Scott
Counsellor and Community Educator

FEAST - Adelaide lesbian and gay cultural event

Ever wondered what it's like being a 'queer' *tramontane* (foreigner) living in Adelaide? Maybe you know someone who is a *novus homo* (immigrant) but you'd never guess because they look and sound like you.

During the 2005 FEAST Festival a forum was held that highlighted the personal stories of several same sex attracted women and men from culturally and linguistically diverse (CALD) backgrounds. The format was relaxed and interactive with each person sharing an aspect of their lives: the highs and lows of life, love and family within a CALD context and the broader gay community.

We were privileged to hear about the joys, sorrows, accomplishments and struggles associated with being a person from a CALD background who is same sex attracted. The audience was given the opportunity to ask questions of the forum participants following each topic covered. The stories were moving and inspiring, the audience was supportive and the feedback was extremely positive. We also had a collection of artwork from a local artist from a CALD background whose son was on the forum panel. The artwork depicted different aspects of culture, same sex attraction, family, migration and loss of identity and/or culture.

P.E.A.C.E. would like to thank everyone involved with the 'Tales from Queer Tramontanes (Foreigners)' forum, and we look forward to FEAST 2006 where we can again highlight the diversity within multicultural communities and the GLBTIQ (gay, lesbian, bisexual, transsexual, intersex, queer) community.

Refugee Health Planning Day

Relationships Australia (SA) and the Communicable Disease Control Branch of the SA Department of Health jointly organised a Refugee Health Planning Day, which was held on February 16, 2006.

The planning day aimed to strengthen partnerships and improve coordination in the provision of health care for refugees and other recent arrivals from CALD backgrounds. The day focussed on the management of infectious diseases, including HIV/AIDS, viral hepatitis, and sexually transmitted and related diseases.

A number of key stakeholders were invited to participate in this productive planning day, which aimed to identify current problems including gaps in services, and develop a blueprint for a coordinated approach.

We look forward to keeping you informed about the ideas generated on the day.

New arrivals learn about problem gambling

P.E.A.C.E. Multicultural Services was invited to speak to around 100 students who were in the final stages of studying at the New Arrivals program at Thebarton Senior College. The students represented a broad number of CALD backgrounds, including African, Middle Eastern and Asian. The session was run like a workshop. Topics included: *What is gambling?*; *What is problem gambling?*; *Signals and signs of problem gambling*; and, *How to identify the passage between recreational gambling and problem gambling*. Students mapped out the consequences of problem gambling on themselves, their families and their communities. They also had the chance to listen to a person whose life had formerly been affected by gambling problems and ask him questions about how he was able to control his gambling habits. Students also learned about the services available in South Australia.

Feedback was overwhelmingly positive. People felt comfortable to ask questions and some people commented about the importance of such education to the community, snapping up resources in community languages about problem gambling.



Above: Participants at the New Arrivals program at Thebarton Senior College

Relationships Australia (SA) attends the National Conference of People Living With HIV/AIDS



Above: Pamela Hansen, Bill Gaston and Lola Aviles at the National Conference of People Living With HIV/AIDS

Poster talk

As a result of a growing number of requests for P.E.A.C.E. to present in various contexts such as team and network meetings, we have developed a poster which represents through 'speech bubble' dialogue what we stand for and our relationship with communities. This poster is now used every time we talk to service providers.

We recruit and train community educators and community ambassadors from a wide variety of CALD groups to assist in meeting community needs. Our links to the communities are depicted in the poster and described below.

Communities (groups of figures of different colours)

Although each community we work with is clearly and separately identified, P.E.A.C.E. strives to create connectedness across communities to ensure that issues are normalised and not unique to specific groups.

Community educators (forming a ring on the inside of the communities)

Community educators receive initial training within the nationally recognised Australian Qualifications Framework. After successfully completing their training they become educators, working three to four hours a week providing information, support and referrals to individuals, families and groups within their own community. They also provide links to mainstream and CALD agencies and to other P.E.A.C.E. community educators living within their community.

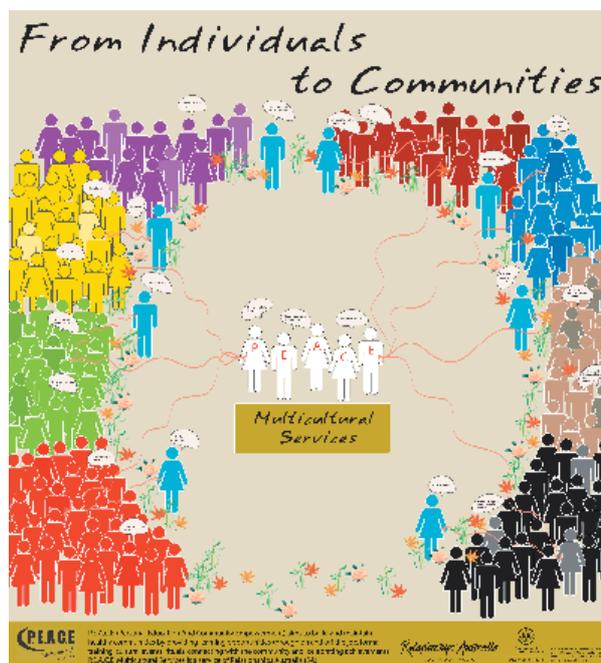
Community ambassadors (figures within the community groups of a different shade)

Community ambassadors are volunteers recruited from a wide range of networks within one specific community. Community ambassadors are trained by P.E.A.C.E. in HIV/AIDS, hepatitis C, problem gambling and relevant cultural issues. Their graduation is celebrated with a cultural ceremony during a public event to generate conversations and discussion. After training, the community ambassadors meet regularly to discuss the issues they face, share stories and talk about their needs.

P.E.A.C.E. team (white figures in the centre)

The community educators are supported by the community ambassadors, at a community level, and by two P.E.A.C.E. project officers. The first project officer works with them in developing strategies specific to their own communities as well as providing education sessions and activities. The second project officer supports the ongoing training needs of community educators to enable them to gain further qualifications in community services. The manager of P.E.A.C.E. Multicultural Services works with community leaders and helps increase awareness among and across CALD communities and to develop networks and specific projects, as well as addressing all advocacy issues and clients' concerns. P.E.A.C.E. also works with specific community workers (e.g. Arabic speaking or Khmer speaking), providing support and learning opportunities to develop shared understandings and responses. This prevents community confusion and promotes collective action and solidarity.

Below: The new P.E.A.C.E. poster depicting what we stand for and our relationship with communities.



A tale of a wife affected by problem gambling

I will always remember November 5, 2004 as the day my life changed forever. I was standing in my beautifully renovated kitchen when the bottom fell out of my world as my husband, best friend and the father of my children told me how he had gambled our life away.

The word 'pokies' meant nothing to me then, just some silly machines in just about every pub. Something that silly and bored people would waste their money on. Silly toys designed for silly people – a perfect tool for an industry to make its fortune.

I was no crusader against such things, just a 'typical' woman in her 30s, who had given up work to try to be the perfect wife and mother. Looking after a small child and a baby was exhausting and like many people in this situation I was short on sleep, always busy and often feeling mind-numbed. It seemed to make sense that my husband would take care of the finances. And 'take care of them' he did – though not in any way I could have imagined.

I had been so fortunate in every way during my life – a good European family, education, jobs, travel, and to top it off, the perfect husband as well: the man of my dreams. Loving, intelligent, loyal, house-trained and a man of good heart. I felt so secure and loved. Someone in this position doesn't ever believe that 'shit happens'! Well, not to them at least.

We had high expectations of our life together and when I think back I am reminded of John Lennon's famous song line: *life is what happens while you're busy making other plans*. While he became lost in chasing a better material life for us, I drowned in a domestic sea of cooking, playgroups, cleaning and nappies. Our shared time became falling asleep in front of the television together.

Our children grew at an amazing rate and so did the size and pace of our real estate plans. Life raced on – faster and bigger. Except that one day we did not get our next loan. 'Suspected gambling problem' the bank said, based on the amounts of cash my husband was withdrawing on a daily basis. I was outraged! How could they suspect my husband of such a thing?

He had explanations – he was buying shares overseas, lots of them... hundreds of thousands of dollars worth... all for our bright future (with guaranteed return in five years and a special bonus for cash payments). He even presented me with a fake share portfolio (you can do anything with a good colour printer nowadays). Now I know he was simply buying time. Once I asked him to swear on the lives of our children... and he lied. He lied to protect me from the awful truth.

Over the next six months there were so many lies. A pathological gambler became a pathological liar. He lied and he borrowed money to cover his gambling and his lies, and then he borrowed more. Finally, I opened a drawer and looked at a statement. There I had it in black and white but I still could not believe it. And so, there I stood in my beautiful kitchen two hours later, listening to his excuses.

I play this scene in my head over and over again, as if I could rewind it and make it go away. In slow motion the words: pokies... nothing left... every day... for three years... nobody knew... tried to stop but couldn't... don't know why... don't know how... help me... pokies... all gone. I wasn't really there – surely this had to be some badly written soap opera?

Somehow I reached for the phone. I did not know who to call and ended up pouring my heart out to a woman from the Telstra information centre. Luckily there was help available. The Gambling Hotline helped me survive the next couple of days and nights – without them I probably wouldn't be alive today.

The next two months were a nightmare. I spent my time begging God for the end. And in my diary I wrote about wanting everything to stop. Nothing mattered, my parents, my children, my health; my body wouldn't accept anything except two packets of cigarettes a day (which is a lot for a non-smoker!). I was on the path of self-destruction and on the edge of insanity.

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Our work with the Cambodian Community

Our relationship with the Khmer speaking workers and other service providers involved with the Cambodian community has strengthened.

Soksarn

'Soksarn', a Khmer word which means 'life without troubles' or 'safe life', is the name that the Cambodian Community has chosen for a project addressing drug and alcohol issues. Soksarn is comprised of representatives of the Cambodian Association of SA, the Multicultural Communities Council, P.E.A.C.E. Multicultural Services, the Parks Community Centre, Salisbury Community Health Centre, the SA Police and Drug and Alcohol Services (DASSA).

Soksarn has already had its first planning day, which looked at the future activities and directions of the group. We are pleased to say that the first major activity is already underway. Scheduled for March 5, 2006, this will use narrative theatre ideas to engage different groups from Khmer speaking backgrounds about drug and alcohol problems and solutions. (See article on right for more information on this).

Reconnect program

P.E.A.C.E. also supported the Reconnect program managed by the Multicultural Communities Council and helped to facilitate a community forum addressing intergenerational conflicts.

Around thirty people attended the event, mainly parents

of teenagers. The issue of drugs and alcohol dominated the discussion. The session involved a story based on narrative theatre principles, and posed a final question for the participants to debate and discuss solutions. It was obvious that the participants were really enjoying the conversation and felt very safe to talk to each other in their own language.

We felt that the community needed more time to share their ideas and we are hoping that *Soksarn's* major event on March 5, 2006 will give the community another opportunity to do so.

Together we are safe

P.E.A.C.E. is also taking an active part in a project which has been initiated by Sophin Kheav, the Cambodian worker at Salisbury Community Health Centre. The project is a collaboration between the Salisbury Community Health Centre, Child and Adolescent Mental Health Services, Cambodian Reconnect (Multicultural Communities Council), Relationships Australia (SA) and The Second Story.

Narrative theatre approaches in community work

As you might recall from previous newsletters, P.E.A.C.E. is now increasingly using narrative ideas in the work we do, whether on an individual or community basis. Narrative theatre is about exploring issues by sharing common stories. However, you cannot expect people to tell stories in an open environment if they do not feel safe or if the community is not ready to listen to those stories in an open-minded and non-judgemental way. Narrative theatre enables us to engage people in discussing challenging or taboo topics such as drugs and alcohol or problem gambling. It is imperative that the common story used in any community event is developed by members of the community itself, so that people can address aspects which resonate for them.

For the next two months we will be working with separate Cambodian groups, such as youth, parents, and drug users in order to develop a common and relevant story which will reflect the issues for all of these groups. This project will provide the Cambodian community with a starting point for discussion on March 5, 2006 – the first major event for the Soksarn project.

The purpose of the project is to promote family harmony and build trust between the community, government and non government agencies, as well as to acknowledge the resilience that members of the Cambodian community have built since enduring war in their country and facing the difficulties of resettlement in Australia as refugees.

Hear it on the radio!

As a result of community consultation, our Cambodian worker, Dara Khiev, has been working on a CD to be played on Khmer speaking radio programs. The funding of this resource was made available after a major need was identified in a review by Paul Laris and Associates in early 2005. The CD will include information about hepatitis A, B and C, presented in a very friendly and informal way. We look forward to hearing this on the airwaves sometime in May or June. Congratulations to Dara for this very important work!

The triggers of gambling

In past newsletters, we have discussed what problem gambling is, its impact, and the concept of barring from gambling venues, as well as some myths and misconceptions about gambling.

In this edition, we discuss the triggers of gambling – those events or circumstances that can prompt a person to gamble, even when they have decided not to. They are called triggers because they can create a sudden impulse or reaction.

There are many factors which can act as triggers to gamble. If you can spot some of the common ones, or the ones that trigger you, it may be possible to find some ways of combating or avoiding them.

One common trigger is negative emotional feelings – for example, boredom, stress, anxiety or grief. These feelings can lead to a need to escape and gambling can provide a source of comfort to these feelings. If this is a trigger for you, then it may help to arrange enjoyable activities, such as spending time socially. It can also help to talk to someone e.g. a counsellor or good friend about the feelings that are difficult for you.

It is a good idea to meet socially where there will be no gambling taking place, because watching others gamble can be a trigger. For some people, passing by a gambling venue is a trigger for them to enter and begin gambling. If this is the case, it can be helpful to plan your journey to avoid these venues.

Another trigger is having money easily available on hand. It is possible to take steps to restrict access to cash and credit. For example, do not carry your cheque book, ATM card, or credit card with you. Set up bank accounts so that most of your money cannot be accessed via ATMs, and ask the bank to lower your daily withdrawal limit.

Gambling on your own is a trigger for some people to gamble to excess. If this is the case, think about how to avoid gambling alone. This might mean arranging gambling in social situations and placing the emphasis on socialising, rather than gambling. It may also help to plan alternative social activities that are not compatible with gambling.

In order to beat the triggers, it is important first to identify them and then to address them. If you need help to deal with triggers or any stress or moods that are contributing to your gambling talk to a counsellor. You can contact the Gambling Help Line on 1800 060 757 to find a counsellor near you. Alternatively, you can talk to a Break Even counsellor at Relationships Australia (SA) by calling (08) 8223 4566.

Below: Nadia Galutva (left) at the presentation ceremony.



Helping youth who are bullied

The P.E.A.C.E. program is very grateful to the Morialta Trust for a grant from their Disadvantaged Children and Young People program. Two of our community educators, Nadia Galutva and Estela Fuentes, will be involved in this project. The grant provides the community educators \$3,500 to work with multicultural youth regarding bullying. We are now in the process of developing activities, and look forward to implementing these in 2006.

Our work with African communities

Work with the Mahdi community (Sudan)

Along with Centrelink Multicultural Service, we were invited to address relationships issues and Centrelink services for the Mahdi community. Our presentation was done with Mario Trinidad, Manager of Services, Northern Metropolitan and Riverland Regions of Relationships Australia (SA). We had 45 people attend the event – both men and women, married and unmarried, and of all age groups. The session attracted a great deal of interest, and ended up going for two hours longer than expected.

The main issue discussed was how financial hardships impact on family relationships. The community raised the issue of how Australian services such as Centrelink do not take into consideration family dynamics or cultural beliefs about family roles. The community also

raised the complex issue of freedom in the context of the Australian way of life. The desire for freedom is considered to be the core of family problems experienced by the community. It was obvious to us that the community has never had an opportunity to discuss what this freedom means.

We were also able to address how stressful situations like the ones they described can result in people turning to gambling as a potential way to earn money or escape their social problems, and how this could lead to problem gambling.



Above: Participants at the Mahdi community presentation

In addition, people had the opportunity to learn about their Centrelink rights and many people stated that they learned new things or that they had previously been wrongly informed about certain things. The feedback was overwhelmingly positive and almost everybody asked for these sessions to be repeated.

At Relationships Australia (SA) we are hoping we will be able to continue to create such opportunities for communities to learn and share their ideas, and to use their strength to determine how they can work with the challenge of change.

Sudanese partnerships

We are forming a strong connection with the Sudanese Association of Australia, SA Branch, with meetings focussing on establishing a project that will address communicable diseases issues. One of the biggest challenges facing us is to respond to the diverse needs of the community groups who represent different areas of the Sudan. Our approach is to work with all of these different groups to facilitate stronger connections and a shared understanding of the vision of being Sudanese in Australia.

Building strong and positive relationships with leaders of the Sudanese communities will form the foundation for a newly funded African project that aims to address HIV and hepatitis C issues. Through those partnerships we are hoping to convey consistent health messages that are relevant to the needs of each community, and most importantly to build communities' capacity to respond to their own needs.



Above: Participants at the Sudanese Community Forum held at Relationships Australia (SA) in January 2006.

West African Communities Organisation

The P.E.A.C.E. program was delighted to attend the launch of the West African Communities Organisation. Those attending were treated to entertainment, feasting, and arts and crafts from West Africa. Community groups represented by this new organisation include Ghana, Sierra Leone, and Liberia. The event, held under the auspices of the City of Prospect, was a great success. P.E.A.C.E. congratulates the West African Communities Organisation, and looks forward to a fruitful collaboration with them in the future.

The program also welcomes our new West African background worker on board. Jasmine Judah will be working with Western and Central African communities three days a week for six months. For more information about Jasmine, please see page 13.

Breaking even in the South East

In November 2005 Enaam Oudih, manager of P.E.A.C.E, visited Mount Gambier to consult with different community leaders and the South East Multicultural Communities Forum about the extent of problem gambling in the community and possible strategies to address it in the future. We sincerely thank all those who participated and gave us not only their time but also their ideas. As a result, we will be developing a project with the local Break Even service.

Taking education into communities

As usual, during 2005 our community educators have been busy taking community education activities into community settings which would otherwise be impossible for us to reach. Here are some examples of their work...

Multicultural diversity and friendship

Two community educators, Nadia Galutva and Anezoula Karpathakis, organised a free children's event in collaboration with the Parks Community Health Centre, called 'Multicultural Diversity and Friendship'. The event was for children aged six to 14 years, and included a workshop celebrating multicultural diversity and friendship. The activities included face painting, games, a video presentation for older children, collage making, and food and drinks. The parents who attended had the opportunity to see a display about the services offered by P.E.A.C.E. Multicultural Services and talk to the community educators about their work.



Below: Zia and Nadia with students of the Ariana Farsi School



Above: Enthusiastic participants at 'Multicultural Diversity and Friendship'

HIV awareness quiz

Two community educators, Zia Abrahamzadeh and Nadia Galutva, were involved in offering a quiz about HIV for the Ariana Farsi School for students of Dari speaking background. Zia is the principal of this school, which he helped to organise, and which has grown from a handful of students to over one hundred and twenty students in a few years.

The quiz was run for two different classes, one of 15 to 16 year olds, and one of 13 to 14 year olds. Not all the students understood English well, so the information before the quiz was delivered in Dari or Farsi. Using interactive techniques, the students heard about how HIV is transmitted, the differences between HIV and AIDS, and other related matters. Then the students participated in a quiz, with some lucky winners getting prizes.

Many thanks go to Zia for organising this activity, which would have been impossible without his initiative and collaboration.

Getting on the community wavelength

These days, community education is not only delivered face to face, but it is also delivered through community media broadcasting, especially radio programs.

Over the past year, we have delivered a few radio sessions dealing with gambling and HIV/AIDS issues that are affecting our own communities. As we both come from Polish and Macedonian communities and our work involves networking with people from different sections of the communities, we recognised a need for an effective communication tool. Radio was the obvious choice for delivering much needed information to this diverse group of people.

There are many advantages of using community radio to provide health and wellbeing information in Macedonian and Polish languages. Listeners can obtain information in a non-threatening way and their fears of being stigmatised and marginalised by other community members can be minimised.

Another positive aspect of this delivery method is that it enables members of our communities who live in isolated or remote areas, or who, for reasons of health or transport, cannot attend our sessions, to receive beneficial information about health and wellbeing.

Without the financial support of our community radio stations this health and wellbeing education would not be able to be delivered to our communities. The Radio Adelaide Polish program *Radio Nie Lubie Poniedzialkow* and the Radio 5EBIFM Macedonian community program are therefore to be commended for their help and their commitment to this cause.

It is very pleasing when listeners approach us at community functions or give us a call to express their feedback about the information they heard on radio. It indicates that we have engaged them in considering vital aspects of their health and wellbeing.

There are many joys in being involved with community radio programs. But it can be scary the first time you record and listen to your voice. You can be worried that you will make unintentional errors or be judged by countless listeners. But despite this, we certainly enjoy our time on radio. Our focus in 2006 will be to deliver even more information on the radio, because we recognise that it is such an effective medium of communication.

Goran Jovanov
Community Educator

Tadeusz Nasinski
Community Educator



Above: Goran Jovanov (top) and Tadeusz Nasinski (bottom)

Meet our community educators

Alia Hasan

Hello there. My name is Alia Hasan. I'm from Iraq and I've been living in Australia for three years. I used to teach biology and maths back home and was an analyst too. I have successfully finished training to be a community educator for P.E.A.C.E. Multicultural Services, at Relationships Australia (SA). Now I am a community educator I am able to inform and warn my community members about HIV, hepatitis C, and problem gambling. In 2005, I also successfully completed training as a CALD community educator for cancer support services.

Luckily, in my work I'm able to speak Arabic and Persian rather than English, and I really hope to get the opportunity to work with these communities and pass on useful information to them.



Above right: Alia Hasan

Johnson Juuk

Hi,

My name is Johnson Buol G A Juuk. I am originally from Sudan and I came to Australia with my family early in April 2004. Within my first two months in Adelaide I started working with different interpreting agencies such as ABC International, STTARS, Language Services (Centrelink) and Interpreting and Translating Services. Then later I worked with the Department of Education and Children's Services (DECS) as a Bilingual School Service Officer in the Adelaide Secondary School of English and Woodville Primary School. I speak Dinka, Sudanese Arabic and Nuer, and I also speak Kiswahili at a basic level.

Midway through 2004 I received a letter from ABC International which included an invitation from P.E.A.C.E. Multicultural Services who were looking for suitable candidates to train as community educators in HIV/AIDS, problem gambling and hepatitis C. I was overwhelmed by this news as this is exactly the work I had been doing for the last three years back home. There I worked as a training manager for an HIV/AIDS program funded by UNICEF to raise awareness with the communities and train nurses across the displaced camps in South Sudan. So I applied and was invited for an interview in which I received an offer for training. After completion of my assessment in March 2005 I began work as community educator.

I would like to advise the Sudanese communities with whom I work, not to underestimate the existence of HIV/AIDS and problem gambling in our environment. The only solution is to seek advice from your community educator who can refer you to available services.

The challenges which I am facing now with my community are closely related to stigma arising from cultural beliefs and norms. If you identify yourself as having HIV/AIDS or being a problem gambler, how will you be understood and judged socially? What will the community say about you? Will you still maintain your social status? But the fact remains that even if you hide it, one day it may come to public attention. And by then a solution could be too late.

Relationships Australia (SA)'s P.E.A.C.E. program has done a lot to make us feel safe from the risks of HIV/AIDS and problem gambling. Make sure you make use of their free and convenient services and the help of your community educator.

Cheers, Johnson.



Right: Johnson Juuk

Jasmine Judah

Hi, I am Jasmine Judah from the Liberian community of South Australia. Four years of re-settling in Adelaide has been a very rewarding experience, especially working with African community organisations. Community initiative and empowerment have been my vision, and I have seen the results especially with the West African Women's Organisation of South Australia. By empowering women through arts and crafts, I have seized the opportunity to educate them on issues of health, wellbeing and positive choices to enhance a better life. In 2005, I became involved with P.E.A.C.E. Multicultural Services as a community educator. The knowledge and skills gained through the training and information has contributed to breaking the barrier to discussing sensitive issues that are crucial to community health. Engaging people from West African background in topics such as HIV/AIDS and gambling, which are almost a taboo, proved challenging. It requires patience, building trust and awareness of cultural issues. I am committed to and very proud of being part of a team that seeks to build healthy lives and to build healthy relationships, by empowering people from CALD backgrounds. I look forward to establishing closer links between members of my community and Relationships Australia (SA).



Above: Jasmine Judah

A tale of a wife affected by problem gambling (continued from page 5)

There comes a point where you can only go one of two ways – and I decided to live. It was a hard journey and I am so grateful to so many people I met along the way – psychologists, counsellors, financial advisers, (mostly dedicated staff of Break Even at Relationships Australia (SA) and UnitingCare Wesley), my loving family, my old friends and my new friends, even my family doctor. I thank my children for being so beautiful and for giving me so much joy and hope. I know this sounds like an Oscar acceptance speech, but although I am a victim of problem gambling, I am also a survivor and I am so grateful for this.

I am now on my way up again. And amazingly enough life has thrown another surprise at me. Thanks to the people I met and friendships I made, in two years time (once I complete my Graduate Diploma) I will become a counsellor. I want to be the best in my field... and I will be. I will be able to help people who are struggling with life's obstacles. I will give my children a good future, financial security and most of all I will be able to give back what I have so kindly been given... what can be better than that?

And my husband? You probably want to know what happened to him. Well, he is still around and we are separated. He hasn't played for over a year, it was over for him the moment I found out (or so he would like me to believe). He is doing all he can to have his family back again. But only time will tell. I hope so, for the sake of our beautiful daughters, but I don't know whether I will ever be able to love him or trust him again. It is a lonely place behind this shield of mine.

So to all of you gamblers out there, remember the slogan from Break Even Services and please think of what you are really gambling with. And remember there is always hope. I have read once: 'Where God closes one door, he opens another...'. How true... how wonderful... God bless.

A survivor

Working with sailors

My role as a P.E.A.C.E. community educator has given me the opportunity to promote health issues among the Filipino community in Adelaide, but I have also extended my work to Filipino sailors. In Australia I am the only worker who has supported the sailors by giving them information sessions on board their ships about HIV/AIDS, hepatitis and sexually transmitted diseases.



Above: Sofia running sexual health education sessions for Filipino sailors

Filipinos tend not to believe in using a condom during sexual intercourse and this factor contributes to their risk of contracting communicable diseases such as HIV/AIDS, hepatitis B, and sexually transmitted diseases (STDs). Today sailors are more aware of the risk. It was disturbing, however, to hear them tell of people on board being infected as well as in their families back home. Some insisted that they now practised sexual abstinence.

The shipping companies are now developing guidelines and policy about hygiene for all crews using disposable plates, forks, glasses and spoons, when they have visitors. My name and the name of P.E.A.C.E. Multicultural Services are now well known to other seafarers, who have passed on my contact number and information about our services and to other officers on ships. When Filipino ships dock and when Filipinos mix with people from other ethnic backgrounds, the ship's officer asks me to visit them.

Thanks to Flinders Port Authority and Adelaide Customs for giving me access to the ships docked at Port Adelaide and neighbouring ports. This makes a big difference to improving the quality of life of both the sailors as well as other Filipinos in Adelaide.

As a community educator my role has expanded beyond HIV/AIDS and hepatitis C to problem gambling as well. Problem gambling has far reaching consequences, including divorce, domestic violence, and children feeling insecure. By providing information about the cultural values of Filipino families to police training officers, I can assist them to respond appropriately to family violence in this community.

I think this is really important work and I feel deeply committed to continuing it.

Sofia Albino
Community Educator

<http://www.problemgambling.sa.gov.au> - new website

The Department for Families and Communities has launched a new website to assist people who are affected by problem gambling and to raise awareness of problem gambling in the community.

It is estimated that there are around 22,000 people in South Australia with a gambling problem. For every person with a gambling problem, at least five other people, on average, are affected either financially or socially by that person's behaviour. Therefore, an estimated 100,000 people in the state could be directly suffering from the adverse effects of gambling.

At the launch of the website, the Minister for Families and Communities, Jay Weatherill, said, 'The stigma and shame associated with problem gambling means that often people are reluctant to admit there is a problem and to seek help. The benefits of a website are that users can access a range of self-help information anonymously if they want to.'

The website has information about problem gambling, how and where to get help in South Australia, self-help information, resources and publications, helpful links and current problem gambling initiatives. The website can also help family members and friends, who can download self-help guides, brochures and fact sheets for loved ones with a gambling problem.

There are links to problem gambling information in 11 community languages. These languages are: Arabic, Bosnian, Chinese, Croatian, Greek, Italian, Khmer, Persian, Serbian, Spanish, and Vietnamese.

The problem gambling website was developed through the Gamblers Rehabilitation Fund, a joint initiative of the Australian Hotels Association (SA), Clubs SA, SkyCity Adelaide, and the Government of South Australia. The website address is: <http://www.problemgambling.sa.gov.au>.

Cooking *pierogies* and discussing gambling

On November 22, 2005 a gambling information class was organised for the women of the Macedonian community of Adelaide and South Australia and was delivered within their monthly cooking class schedule.

Cooking is not something that I do on a regular basis, but I was very keen to discuss gambling issues with these women in a relaxed atmosphere. I had the pleasure of the company and assistance of the Polish community educator, Mr Tadeusz Nasinski, to demonstrate the famous and delicious Polish *pierogies* and the traditional Polish food platter.

The night was great fun and also a whole new experience for some of the older women to see two men cooking and talking about food (normally within the Macedonian culture men do not have a cooking role). Participants were able to learn a delicious new Polish dish and at the same time find out more about problem gambling as it affects the Macedonian community in South Australia.

Goran Jovanov
Macedonian Community Educator



Above: *Who said men can't cook?!*

Three sides to the coin

In 2005, the Powerhouse Museum, in conjunction with the Casino Benefit Fund (NSW), produced an exhibition called 'Gambling in Australia - Thrills, Spills and Social Ills'. The exhibition explores the social phenomenon of gambling, covering the historical development of the gambling industry, including horse racing, casinos and electronic gaming machines. It also talks about problem gambling, including testimonials from people with gambling problems, and promotes help services.

A section of the exhibition has been made available to travel to South Australia and is being hosted by the South Australian Migration Museum. The Adelaide component has been developed around social history and multicultural aspects of gambling and is called 'Three sides to the coin'.

It has been a great pleasure for P.E.A.C.E. and our community educators to actively contribute to the development of the exhibition by providing access to communities, information and resources for display. This high profile exhibition has the capacity to engage South Australians in understanding the social and cultural context of gambling. The opening of the exhibition will take place in May during Gambling Awareness Week and later the South Australian component will be travelling to selected country areas.

UNIDOS news

UNIDOS is a free and confidential sexual health information service and support network for people from culturally and linguistically diverse (CALD) backgrounds who identify as non-heterosexual - that is: same sex attracted, gay, lesbian, bisexual, transgender, intersex or queer (GLBTIQ).



The UNIDOS logo was designed incorporating the reverse (or upside down) pink triangle that is commonly used today as a symbol of unity within the GLBTIQ community. But where did it come from originally and why is it used now?

The pink triangle is a symbol taken directly from the Nazi concentration camps. Usually when concentration camps and Nazis are mentioned, most people tend to think of Jews and the Holocaust (for good reason). But the fact that a large number of homosexual prisoners were in those same camps is an often ignored or overlooked fact of history.

The real story behind the pink triangle begins prior to World War II. German law prohibited homosexual relations of any description. An estimated 25,000 people were convicted under this law between 1937 and 1939 alone. They were sent to prisons and later concentration camps. Their sentence also included sterilisation, most commonly in the form of castration. In 1942, Hitler extended the punishment for homosexuality to death.

Prisoners in Nazi concentration camps were labelled according to their crimes by inverted coloured triangles. Homosexual prisoners wore labels with pink triangles (according to the German historian, Jellonek, the Nazis chose the colour pink to indicate that gay men were effeminate). Gay Jews, the lowest form of prisoner, had overlapping yellow and pink triangles. This system also created a social hierarchy among the prisoners, and it has been reported that the pink triangle prisoners often received the worst workloads and were continually harassed and beaten by both guards and other prisoners.

In the 1970s, the pink triangle started to be used in conjunction with the gay liberation movement. The pink triangle is a symbol very closely connected to oppression - and the fight against it. Like the word 'queer', it is a symbol of hate which has been reclaimed and now stands for pride.

Adapted from Lambda GLBT Community Services website:
<http://www.lambda.org>.

HIV in multicultural communities

A higher level of risk

It is difficult to get clear epidemiological data on the incidence and prevalence of HIV among specific CALD communities in South Australia. However, we have epidemiological data at national and state levels, and ample local anecdotal evidence.

According to the 2001 Census, at June 2001, Australia's overseas born residents comprised 4.5 million, or 23%, of the total estimated resident population (19.4 million). However, 61% of the HIV infections recorded between 1998 and 2002 that are attributed to heterosexual contacts are overseas born.

Source: National Centre in HIV Epidemiology and Clinical Research web site: http://www.med.unsw.edu.au/nchecr/Downloads/ASHM2003pres/figures03colour_files/frame.

Our experience at P.E.A.C.E. would suggest that the highest risk factor across the communities we work with is related to unprotected sex within heterosexual relationships.

Late detection and increased harm

A disturbing pattern has emerged of HIV positive people from CALD communities not presenting until symptoms appear, and AIDS following soon after. Since 1995, the proportion of AIDS diagnoses which occurred within three months of HIV diagnosis more than doubled, accounting for nearly half of all AIDS diagnoses.

Late HIV presentation has disproportionately affected men and women with a history of heterosexual contact and those with an undetermined exposure history. Heterosexual men and women from CALD communities could be at greater risk – especially given the combined issues of late presentation, as well as the higher rates of infection in people who were born overseas.

The possible pathways for infection within multicultural Australia, highlight the need for interventions to be developed locally and with the involvement of those for whom they are designed. In this way they can be appropriate to the needs and values of particular groups.

The importance of programs being relevant to needs is demonstrated by considering the different issues that may be faced, for example, between a group of Anglo males who are gay and a group of Cambodian women whose husbands have sex with men. The needs of each group in relation to HIV/AIDS would be best addressed by processes of engagement and involvement, yet the particular concerns and priorities of each group are likely to be different.

An additional argument for specifically targeted programs to be developed is that there is evidence that CALD people living with HIV/AIDS are not getting the help they need. Several studies have noted that mainstream counselling services are not used to any significant degree by people with culturally and linguistically diverse backgrounds. There are several reasons for this including:

- Insufficient peer workers to provide support and referrals
- English as a second language may not be adequate to obtain optimum care
- Insufficient bilingual doctors and counsellors
- Discomfort about lack of confidentiality if using interpreters
- Lack of cultural awareness in mainstream health contexts.

For all of these reasons it is important that relevant collaborative educational programs are developed to meet the particular needs of specific community groups.

Greek community ambassadors

We are excited to advise that the seven Greek background community ambassadors successfully completed their training in September 2005. They are highly committed to helping to increase the community's awareness of problem gambling issues and improving community access to culturally appropriate services.

Following the training and a community consultation the group of diverse Greek background women and men began meeting to develop culturally appropriate resources for the Greek community. Two new resources have been developed – a keyring and a poster. Another P.E.A.C.E. resource 'Let's talk about gambling' has also been translated into Greek and will also be launched at the graduation. All three resources will be launched at the Community Ambassadors' graduation on Monday, March 6 at Relationships Australia (SA)'s Hindmarsh office. If you wish to attend the graduation and launch please advise Helen on (08) 8245 8100 by Wednesday, March 1, 2006 (for catering purposes).

Photographs of the graduation and the resources will be included in the next edition of the P.E.A.C.E. Newsletter, so watch this space! We take this opportunity to sincerely thank the Greek Community Ambassadors for their commitment to the program and we look forward to working together with the Greek community again in the future.

Right and below right: Greek community ambassadors during training



Resources in community languages in our library

Relationships Australia (SA)'s COPE Library is building a small and selective but hopefully very useful collection of resources in community languages, including books, CDs, and videos. Community members are welcome to join the library and borrow resources. Please come in and speak to our friendly librarians!

To give you an idea of what is available, here are some of the current resources available for borrowing.

Health and Wellbeing of Children: An initiative of the Children's Hospital at Westmead and the Transcultural Mental Health Centre

CD-ROM. Covering the following topics: anxiety in children, disruptive disorders in children, depression in children and anorexia nervosa in children.

Available in the following languages: Mandarin, Turkish, Arabic, Spanish, Vietnamese, Filipino, Farsi/Persian, Hindi, English.

Parenting in a New Culture... the preschool years: Raising Australian born Chinese children effectively

CD-ROM. Produced by the Northern Migrant Resource Centre.

Parenting in a New Culture... the preschool years: Raising Australian born Samoan children effectively

CD-ROM. Produced by the Northern Migrant Resource Centre.

Parenting in a New Culture... the preschool years: Raising Australian born children of Arabic background effectively

CD-ROM. Produced by the Northern Migrant Resource Centre.

A Little Understanding: Dealing with the Stigma of Mental Illness

Produced by the Transcultural Mental Health Centre.

Available in the following languages: Arabic, Spanish, Maltese, Cantonese, Croatian, Italian, Vietnamese, Tagalog, Macedonian, Greek, English.

Opening our Hearts: May Our Love Bring Us Together: The Art of Making Families Work

Produced by Sonja Vivienne, Nguyen Thi Ngoc Dung and Vietnamese Community in Australia/SA Chapter Inc in consultation with Vietnamese community members.

Available in Vietnamese and English.



Engaging the disengaged

In August 2005 we were pleased to have the opportunity to present at the International Conference on Engaging Communities, held in Brisbane. This conference, an initiative of the United Nations and the Queensland State Government, brought together academics, community members and international politicians to discuss ways of engaging the disengaged. We gave a presentation on how P.E.A.C.E. Multicultural Services engages with different communities in South Australia, and we spoke about the involvement of our staff at different levels within the community. Around 2000 people who attended the conference viewed our poster, and 150 people collected our pamphlets explaining how to read the poster (see page 4). Enaam spoke to more than 30 individuals giving examples of our services and the work we do.

Left: One of the international conference participants at the P.E.A.C.E. display



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Support group for women affected by problem gambling

- Are you a woman from a multicultural background?
- Have you or someone you know been affected by issues related to problem gambling?
- Are you looking for a safe space to share your experiences?
- Are you looking for support?
- Are you interested in joining a women's only group for the opportunity to make new friends?
- Are you available to attend a group on Wednesday mornings at Hindmarsh?

Then this group may be for you or someone you know.

P.E.A.C.E. Multicultural Break Even Services aims to provide a safe and supportive environment for women who are interested in coming together to create a positive change in their lives. We understand that confidentiality is a major issue for people from multicultural backgrounds. To ensure that the group is for you (and that confidentiality is maintained) each woman will meet with a P.E.A.C.E. staff member before joining the group.

Look out for the insert included in this newsletter. Please feel free to place the insert on noticeboards!

For further information please ring (08) 8245 8100 and ask to speak with Helen or Lola.

P.E.A.C.E. Multicultural Services

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