

From Enaam's desk...

Dear readers

Welcome to PEACE Multicultural Services' newsletter.

Throughout this newsletter you will find a lot of articles showcasing what we have been doing, letting you know who is who and providing interesting and important information relevant to Culturally and Linguistically Diverse communities.

There is no doubt that Relationships Australia (SA) has come a long way in its services for multicultural communities. Issues of culture are now discussed and debated at all levels of the organisation. Our organisational directions and policies are influenced by our experiences with people, our clients and communities: people like you.

If you have been following our organisation's news, you will know by now that PEACE is not the only multicultural service that Relationships Australia (SA) provides. PEACE, through our Community Educators, can be the first point of contact, but migrants and refugees do not need to see people from their own cultural background if they do not wish to do so. What we always strive for is that all our workers are competent and able to work with the complexities of language and cultural issues. We understand that developing trust with clients is our number one priority, which is why our services are not delivered in a fixed way to all people but are flexible enough to meet the unique and personalised needs of individuals and their family.

Indeed, Relationships Australia (SA) now has a number of bi-lingual workers spread around most of its venues including our Berri office.

As part of our ongoing commitment to quality services for people of Culturally and Linguistically Diverse (CALD) backgrounds, Relationships Australia (SA) now has dedicated two experienced Multicultural Counsellors to work with PEACE to help maintain and enhance healthy relationships amongst couples and/or families experiencing concerns as a result of life issues such as communicable diseases, gambling, etc. Ms Fattaneh Scott is a senior and very experienced counsellor who worked for many years in Iran, Africa and the USA. The other counsellor, Mrs Gillian Kariuki, comes from Kenya, where she worked with families effected by HIV. Both Fattaneh and Gillian are skilled and can work with men, women and the whole family.

Having Fattaneh and Gillian as part of the team has made it much easier for clients and other workers at PEACE. Their involvement has meant that the quality of services provided is second to none, as clients can have access to an holistic service.

Our commitment to quality services includes not only the ongoing reflection on the work we do or the learning we gain from our experiences, we have also taken on board the challenge of proper research. Relationships Australia (SA) through the PEACE Multicultural Services and in partnership with the University of South Australia has completed a service development project. This project, based on action research methodologies, involved qualitative interviews with a number of people affected by problem gambling. The aim was to identify therapeutic interventions which would enhance people's access to treatment when gambling addiction was a part of their lives.

I am thrilled and grateful to those people who accepted the challenge and came forward to volunteer their information. We have learnt a lot about their experiences, thoughts and insights. The outcome of this research has been overwhelmingly positive, and we now have methodologies that are much more meaningful and relevant to people, and all participants in this project who were gambling at the time of their interview have now sought help and have made remarkable improvements in the way they are controlling their gambling behaviours.

...Continued page 2



...Continued from page 1

I truly look forward to sharing with you what we learnt from this research, and how you can influence anyone you know who is affected by problem gambling to seek help. The final report is still in progress, so look for this in the next newsletter.

I wish you a happy reading experience and hope to get your views on how to help our newsletter serve you better.

Enaam Oudih

Hepatitis project: rhythm exchange



The drummers together on stage



Afghani female participants drumming with guest musician Masoud Abrahamzadah



Vietnamese rhythm exchange participants presenting their drumming skills to the public



Sudanese participants jamming to the rhythms of reggae

The Rhythm Exchange project has been a collaborative project involving the Hepatitis C Council, the Vietnamese Community in Australia SA Chapter Inc (VCASA) and PEACE Multicultural Services. The project was made possible with funding obtained from Arts SA together with further assistance and support from Circle of Friends and Derringers. This project was initiated by the Hepatitis C Council of SA and began over a year ago. The aim of the project was to create an activity during Hepatitis Awareness Week to raise awareness about hepatitis C amongst culturally diverse communities. PEACE involvement in the project was to facilitate the link between the Council and migrant communities and to act as advisors in the process.

The project involved the support and work of community educators Yuggu Sebit (Sudanese) and Zia Abrahamzadeh (Afghani). Further collaboration with VCASA allowed for the involvement of members of the Vietnamese community in the project. Thanks to the funding from Arts SA we were able to employ an artistic director, Robert Petchell, to guide the process artistically, and in collaboration with all the community participants and specific support workers, a small performance was designed for each of the participating groups. Students from Hamilton High School documented the process to create a resource based on the experiences of participants and workers involved in the project.

The project has been a great way of using arts as a medium to increase awareness of issues and services for people from diverse cultural communities. As a result those involved in the process now have a greater understanding of the Hepatitis Council and what it does, they have built connections with workers from the Council, and the Council itself has had the experience of connecting and working with multicultural communities.

Approximately 80 community members and workers attended the performance. Those attending were very supportive of the project, the performance and the food provided after the event.

World Hepatitis Day

World Hepatitis Day was observed on Monday May 19 and marked a brand new, entirely community led initiative. The 2008 World Hepatitis Day campaign theme - "Am I Number 12?" - was a concept designed to communicate the shocking statistic that one in 12 people worldwide are living with either hepatitis B or hepatitis C. Despite the fact that 500 million people worldwide are affected by viral hepatitis, awareness remains inexplicably low. World Hepatitis Day aims to raise awareness of chronic viral hepatitis B and C globally and encourage people to get tested.

In Australia, Hepatitis Australia was the co-ordinator of National Hepatitis Awareness Week and has also been one of the founding members of the World Hepatitis Alliance, a group representing viral hepatitis community and patient groups around the world.

Within Australia, May 19 marked the first day of National Hepatitis Awareness Week and awareness raising events and activities were held throughout the week in all states and territories.

Adapted from Hepatitis Australia Media Fact Sheet for World Hepatitis Day 2008 and press release May 19, 2008.

Approximately 500 million people worldwide are affected by hepatitis B or hepatitis C - that's 1 in every 12 people on the planet.

The Department of Health is serious about addressing HIV/AIDS and hepatitis C in South Australia

The newly created South Australian Health Steering Committee on HIV/AIDS and hepatitis C has been formed by the Department of Health. The appointed individuals were selected to collectively cover areas ranging from education and prevention to treatment and care in hospital and community settings. Appointments also include affected consumers and other representatives of special population groups such as people from CALD backgrounds and Aboriginal people. The Steering Committee has a crucial role in debating and providing advice directly to the Minister on HIV/AIDS and hepatitis C service direction and policy implications. Enaam Oudih, Manager of PEACE is a member of this Steering Committee and holds the multicultural portfolio. Enaam will endeavor to fulfill this task by maintaining open communication with CALD community organisations and individuals. If you have any concerns or experiences to share please do not hesitate to contact Enaam (contact details are at the end of the newsletter).

Hepatitis C information session



Members of the Madi community with Johnson Juuk and Community Educator Peter Agalla

The first hepatitis C information session was delivered by the Sudanese Community Educators.

It was overwhelming to see that Community Educators were able to take on challenges in working with the community.

Together they organised their first hepatitis C information session for the wider Sudanese community group. The session was held in late March 2008 and it was well received by the members of the Sudanese community who attended. Many of the participants had never heard of hepatitis C before and a few had heard about it but did not have an equivalent word in their own language.

Community Educators held individual information sessions for their sub-communities. An example of this is the Madi community, a sub-community within the larger Sudanese community, who held an information session on Sunday June 8 that was attended by over 30 people.



Community Educators with Debrah from the Hepatitis C Council SA and some of the training participants

The following article has been reproduced from: Hepatitis C Community News, Issue 40, July 2008, Hepatitis C Council of SA

Hepatitis B: a primer

A beginner's guide to the other hepatitis epidemic

What is it?

Like hepatitis C, hepatitis B is a virus. When hepatitis B virus enters the body, it travels to the liver, where it lives and multiplies in liver cells. The presence of the virus in the liver stimulates the immune system to kill it.

Strangely enough it is the body's immune response, not the virus, that causes most of the inflammation and damage to the liver.

The impact of hepatitis B infection depends on a person's age when they become infected. Infants with hepatitis B infection almost always develop a long-term (chronic) infection, whereas people who get the infection as adults have a 95% chance of clearing the virus from their body.

Many people with hepatitis B do not get sick, and do not know they have hepatitis B virus infection.

Some people experience tiredness, nausea and jaundice. Infants rarely develop symptoms of infection. About 50% of adolescents and adults develop jaundice when they first get the infection, which is called acute hepatitis B.

Because both attack the liver, there are obviously many similarities in the effects hepatitis C and hepatitis B have on the body.

Chronic hepatitis B

A person is diagnosed with chronic hepatitis B when they have the virus infection for longer than 6 months (confirmed through blood tests). Chronic hepatitis B develops in approximately 5% of adults, some children and most infants with the infection. People with chronic Hepatitis B are likely to have a lifelong infection, and although they generally remain in good health, they have an increasing risk of developing serious complications, such as cirrhosis and liver cancer. Importantly, people with chronic hepatitis B have the potential to spread the infection if they do not follow some simple precautions.

Hepatitis B transmission

Hepatitis B is significantly easier to transmit than hepatitis C. It is spread when blood and other infected bodily fluids (including saliva, semen and vaginal fluids) enter the blood stream either through a break in the skin or through mucous membranes. A pregnant woman with hepatitis B infection can transmit the infection to her baby at the time of birth - this is the most common way the virus is spread in developing countries around the world.

Unsterile injecting equipment or unsterile tattooing or body-piercing are also significant problems. Close contact, including the sharing of toothbrushes, razors, nail files or other personal items, may lead to the exchange of body fluids, as may injuries incurred playing contact sport.

Donated blood is screened in Australia, but receiving a blood transfusion in some countries can still be extremely risky. Accidental needlestick injury or splashing of infected blood or body fluids can be an issue.

Testing for hepatitis B

There are several blood tests available to diagnose and monitor hepatitis B. The interpretation of these tests is not always straightforward and may require expertise of a GP or liver specialist.

There are other tests that can detect changes in the liver, such as liver ultrasound or scan, and liver biopsy. These tests are used to diagnose cirrhosis and liver cancer, just as with hepatitis C.

Treatment for hepatitis B

There are several types of antiviral medicines available to treat hepatitis B in Australia. Some are taken as an oral tablet and have very few side-effects. However, these treatments often need to be taken for a long time, which means the virus may develop resistance to the medicine. Pegylated interferon can be given as a weekly injection for up to 12 months. It can cause significant side-effects.

Each treatment has different benefits and side effects.

Reducing the risk of liver damage

Just like people living with hepatitis C, those living with hepatitis B should eat a balanced diet that includes a variety of foods to meet the body's need for energy, growth and repair. Unless a person with hepatitis B has significant liver damage, there are no particular foods that should be favoured or avoided.

Alcohol intake should be minimised to one standard drink per day and should be completely avoided if severe scarring or cirrhosis are present. Similarly, smoking cigarettes should be reduced and preferably stopped.

It is also important to avoid contracting other blood-borne viruses, such as hepatitis C or HIV, as this can dramatically affect a person's health and cause further liver damage.

Vaccination

The hepatitis B vaccine is very safe and provides immunity more than 95% of the time. The vaccine is usually given by three injections over six months. In Australia, all infants and adolescents aged 10 to 13 years are provided with hepatitis B vaccination at no cost. It is strongly recommended that people at risk of hepatitis B exposure get vaccinated.

New HIV, hepatitis and problem gambling training

As mentioned in previous newsletters, we are planning to run a yearly community training looking at issues of HIV, hepatitis and problem gambling. A bonus for this training is that it has been aligned to three competencies from Certificate IV Community Services (Information, Advice and Referral). This means that participants can receive a nationally recognised Statement of Attainment, provided they complete the required assessments handed out during the training.

The aim of the training is to provide a yearly space in which members from different multicultural communities can gather to learn about HIV, hepatitis and problem gambling. It is important for the health of our communities to ensure that we are informed and up to date with topics of this nature, as their impact and effect on our communities can be strongly felt.

Being able to provide nationally recognised competencies within the training is a wonderful bonus for us. This means that participants have the option to polish or learn new skills to work with individuals and/or communities. These skills can be nationally recognised through participants' completion of assessment tasks. This is a great opportunity for individuals thinking of working within the human services, as it can provide a stepping-stone into a future career.

How much is all of this going to cost, you ask? Well here is the great news: all of this is provided FREE to all members of multicultural communities. It is part of our ongoing commitment to educate and inform communities about topics which are of importance to them and also our commitment to build community capacity, so that communities can respond to issues that concern them.

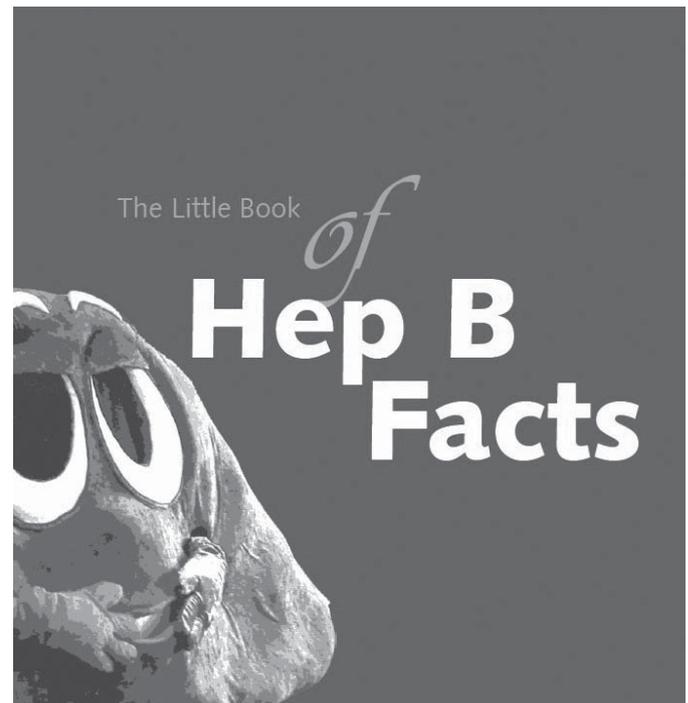
We are aiming to start this year's training during November, with the second stage completed in February next year. If you are interested in this training please do not hesitate to contact us and find out how you can participate. Each year we compile a list of interested individuals that receive information about the training as soon as it is ready, so if you are interested but may not have the time to be involved this year, leave your contact details and we will inform you of the next training as soon as that information is ready. If you don't want to miss out please call us on (08) 8245 8100 and ask to speak with a PEACE worker.

Remember:

There is a safe and effective vaccination for hepatitis B. It is recommended for all, especially people with spouses who have hepatitis B or who are involved in activities that places them at risk. Contact Clinic 275 on (08) 8222 5075, or your GP for more information about hepatitis B vaccination.

Hot off the press!

Little Book of Hep B Facts is a handy little book with all the basic facts about hepatitis B in easy to understand language. To get your copy (or copies!) call the Hepatitis C Council of South Australia on 8362 8443 or email Cecilia@hepcouncilsa.asn.au. You can also order online at <http://www.hepcouncilsa.asn.au>.



Sharing our experience with others at a national conference

Our work with multicultural people affected by problem gambling has generated lots of interest locally and nationally. A paper entitled "Let's talk about culturally appropriate therapeutic services - how genuine are we?" was presented by Enaam Oudih and Jen Hamer at the Diversity in Health conference.

The full script of the paper was published in the conference proceedings. If you would like to get a copy of this paper please contact us.



The Gamblers Rehabilitation Fund

The Gamblers Rehabilitation Fund (GRF) was established in 1994 to fund programs and initiatives which aim to minimise problem gambling and offer services to those affected by a gambling problem. The GRF is administered by Treasury and is recurrently funded by contributions from the Australian Hotels Association (SA), Clubs SA, SkyCity Adelaide and the South Australian Government. The current funding available to the GRF is \$5.445m, of which \$3.845m per annum comes from Gaming Tax and \$1.6m is a voluntary contribution from the industry.

The GRF is administered by the Department for Families and Communities and supports the Gambling Help Services, the 24-Hour Gambling Help Line, community education programs, research and evaluation, and administrative costs. The initiatives supported by the GRF are based on a harm minimisation approach which encompasses prevention, early intervention and counselling and treatment programs for problem gambling.

From the Problem Gambling website for South Australia: <http://www.problemgambling.sa.gov.au>

GRF problem gambling initiatives: Gambling Awareness Week

Gambling Awareness Week is about raising awareness and reducing the harm caused by problem gambling. Gambling Awareness Week runs annually in May and consists of a number of events in Adelaide and regional South Australia.

From the Problem Gambling website for South Australia: <http://www.problemgambling.sa.gov.au>

Future activities for Gambling Awareness Week 2009

Taking part in Gambling Awareness Week activities is one of the many community education projects we are involved with. Community education is an exciting way to share information with communities and to assist in creating discussions that often challenge communities and their thinking. We would like to encourage you to think of activities you may want to hold at Gambling Awareness Week 2009. Please contact us if you would like to share your ideas or work with us on special projects.

Did you know?

Relationships Australia (SA) can help you develop a career in counselling, community work, youth work, community development, relationships education and family dispute resolution. For more info about these training opportunities and cost involved please go to www.socialrelations.edu.au

Ethnic media seminar



Ethnic media seminar participants

The ethnic media seminar was one of the many activities held during Gambling Awareness Week. We invited ethnic media to learn more about gambling and problem gambling within multicultural communities. The seminar also provided an opportunity to link ethnic media to resources in their specific language about problem gambling.

This activity was attended by a number of radio programs including Latin-American, German, Latvian and Macedonian programs. The seminar also included a presentation by a Consumer Voice participant that demonstrated to those attending the importance of the role they play in educating and creating change in their communities.

As key leaders in their communities the presenters of the different programs discussed how their role within their communities could be used to provide support and education that could help change attitudes towards issues like problem gambling. Participants also explored the possibilities of creating collaborative projects with the PEACE Multicultural Service in future.

After the seminar two radio programs booked an interview with PEACE staff while the German Radio program interviewed the Manager, Enaam, immediately after the discussion to talk about why there is a Gambling Awareness Week and what its aims are.



Participants listening to a presenter on the day

Take a gamble on lunch!



Students and teachers from Thebarton Senior College at one of the life skills workshops about problem gambling - 'Busting the Myths'



Some of the students at Thebarton Senior College attending the life skill program with their teachers

Thebarton Senior College was once again a fantastic host of activities for Gambling Awareness Week. A workshop was arranged with the Life Skill program teacher, Ms Mary Kontopoulos, and two workshops were presented to students of the Newly Arrived program. The Gambling Rehabilitation Fund provided funding for a sausage sizzle for students and teachers. The sausage sizzle was linked to an expo of gambling help service providers who attended on the day. A display was also placed outside the college library for the week. We would like to thank Pokies Anonymous, the Salvation Army and Club Safe for sharing their knowledge with the school community.

The event was very successful, and a lot of information was handed out to students and teachers. We had really good feedback from teachers who were impressed by the care given to how the information was provided to students in the workshops. Students in the Newly Arrived program have a range of English skills and teachers were surprised that the workshops were designed to meet the different needs of the group.

We also would like to thank the Rotary Club of Hindmarsh for volunteering their time, energy and resources to this event and cooking the sizzle for us. We also thank Thebarton Senior College for allowing us to hold the activity and all the support they provided to make it happen!



Rotary Club volunteers cooking the sausage sizzle at Thebarton Senior College

Greek radio presentation

During Gambling Awareness Week we had a request to attend Radio Ena (Greek radio program) to talk about gambling in the community and our services. The one and a half hour program provided a great opportunity in which to raise awareness about problem gambling and specifically about Gambling Awareness Week. The casual interaction and conversation between the radio presenter and the workers meant that information could be shared in a safe and simple way that listeners could relate to. During the program we spoke about why people may gamble, pokies and how they work, what the Government is doing to help people with problems and what the community can do to support people in their communities who may have gambling problems.

It was a great affirmation to know that the community was listening because of the phone calls we received enquiring about the Government and it's involvement in getting rid of machines. Many people were curious and concerned about poker machines still being very accessible, given that they cause so much hurt and trouble in people's lives. Callers also wanted to know why people couldn't stop gambling and where a person could go and get help if they had a gambling problem.

We would like to thank Vicki Hronopoulos of the Greek Welfare Centre for her kind invitation to take part in this radio program and hope that this work can be built into a yearly event.

Trip to Mt Gambier

As part of Gambling Awareness Week we also traveled to Mt Gambier to participate in a worker's forum organized by Lifeline. Our presentation on problem gambling and cultural issues aimed to create awareness amongst workers about the complexities of problem gambling on individuals and communities from multicultural backgrounds. The session was well attended and participants provided a positive response.

Consumer Voice Project

Giving the consumer a voice, a reminder from the PEACE Newsletter, issue 14, April 2008.

The Consumer Voice Project raises community awareness about problem gambling.

People who have overcome the effects of problem gambling are trained and supported to share their personal stories on how problem gambling affected them.

Anyone who has been affected by problem gambling, whether directly or indirectly, can become a Consumer Voice speaker.

Having a speaker talk at your function, event or gathering has many benefits including:

- Allowing the audience to walk in the speakers shoes and gain a greater understanding of the devastating effects of problem gambling on individuals and their families
- Inspiring and giving hope to others grappling with their own gambling difficulties.

Our speakers can:

- Tailor their talk to a particular audience
- Speak for anywhere between 10 to 60 minutes depending on the needs of the audience
- Answer questions and talk informally.

Our speakers can cover metropolitan speaking engagements and, subject to availability, the regional areas in South Australia. They are available for day and evening engagements.

The Consumer Voice Project is a free service. There is no cost associated with booking a speaker; it is fully funded by the Gamblers Rehabilitation Fund.

To book or enquire about a Consumer Voice speaker you can contact Maureen Germein or Rachel Northeast at Relationships Australia (SA) on (08) 8223 4566 or email consumervoice@rasa.org.au. Bookings can be made by phone or email.

The Consumer Voice Project is an ongoing project of the Gambling Help Service, Relationships Australia (SA), funded through the Gamblers Rehabilitation Fund, a joint initiative of the Australian Hotels Association (SA), Clubs SA, SkyCity and the Government of South Australia.

Following are stories from some of the participants of the latest Consumer Voice training. We would like to thank them for their courage, strength and commitment to make a change in our communities by sharing their experiences and stories.

Grace's story

Gambling has always been a part of my life. I grew up learning how to gamble from my father. We played cards and five years ago gambling started taking over my life as a way of dealing with my grief and anxiety.

I grew up in Italy in the war time and at age 18 I immigrated to Australia, leaving my country and learning a new language and culture. I met my husband at 19. He was my soul mate, and we had two children; a daughter and a son. I had my own business as a hairdresser, lots of friends, and my life was complete. After 31 years of marriage I lost my husband to a brain tumor and at the same time I became a grandmother. After five years I met a very nice man and he became my new life partner and we were together for five years. Unfortunately, we were involved in a horrific car accident and I was the only survivor. I broke many bones and it took me a long time to recover physically and emotionally.

Gambling took over my mind and my thoughts and I became someone I did not know. I spent all my money on the pokies, everything I had. I would ask for money from my friends and I sold my car to pay back the debts. I lost respect for myself and the respect of my son and daughter. I then heard Elsie talking on the television about her gambling story and her journey with the Flinders program. This gave me hope and a starting place for help. I then got on the bus with my walking stick because I had sold my car and travelled to the other side of town. I attended an appointment with Faye and she helped me to understand how my brain functioned and why the machines took me over. She helped me put the gambling into perspective and did not judge me for my mistakes. Faye was very understanding.

After a few months I felt myself changing. I was able to control the gambling and watch people play, without the urge controlling me. Even if I put in a few dollars I was able to stick to a limit. My goal as a single woman was controlled gambling. I then started participating in the Gambling Support group and it was there that I heard about the Consumer Voice Project.

I have not gambled since the end of 2007.

I now feel differently about myself and have some respect for myself. I have regained the respect of my son and daughter. I put my energies into other activities such as studying English and computing at TAFE. I look more positively at life and I enjoy being on my own. With thanks to the Flinders program, the Consumer Voice Project and Relationships Australia (SA), I am now happy and enjoying making a difference in the community.

Julie's story

I started going to the pokies after work, as a way to relax. I inherited some money and was able to fuel this new occupation. I became more and more emotionally dependent on my time out with the machines. It was a way to relax, to forget. I also started to 'drop in' at the local pub after doing my grocery shopping; I had started play with \$20 but after the inheritance it became hundreds.

I then started playing with money I really couldn't afford to lose. I ended up borrowing money on my credit card with no means to reimburse it. Money became a very urgent matter. The pokies became a refuge, I was trapped and unable to escape the obsession and dependency I now had with the pokies. I did all sorts of naughty things with money.

Then, one day, I played just too much. It was money put away for holidays and we hadn't had a holiday for many years. I then got the courage to say - that is it! I want to stop now. And I took a pamphlet from a venue and rang the Gambling Help Service.

This was a turning point.

I remember once in the mid 1970's I went to Figueras. It is a little village in Spain near the French border. Salvador Dali used to live there, and has a museum there. In his museum was a machine he had made. The idea was that I had to put a coin in a slot and see what would happen. I did put a coin in there and a hand came out and took the coin away and that was it! I thought it was funny, frustrating and very absurd.

Was it the first encounter with a poker machine?

Staying healthy in Australia: promoting health within African communities

The Cancer Council of SA held an African communities forum during August to discover what helps create a healthy lifestyle within these communities, as well as to discuss women's health and screening programs for cancer.

We were invited to take part on the day and help build discussions on the relation of Hepatitis to liver cancer and the importance of early detection, intervention and treatments in maintaining healthy communities.

African health workers, community leaders and health/welfare workers with African communities were invited to participate in this event. If you would like further information about the day and its outcomes please contact Clara Tait, from the Cancer Council of SA on 8291 4153.

Stepping out of the shadows: reducing mental health stigma in multicultural communities

By Fattaneh Scott

"Stigma's impact on a person's life may be as harmful as the direct effects of the disease"

In February, as a representative from South Australia, I participated in the 'National Expert' Training developed by Queensland's Transcultural Mental Health Center, on their 'Stepping out of the shadows' training pack.

The main objective of this project was to produce a training package that was suitable for multicultural communities in dealing with the stigma found around mental illness in their communities.

The training package has been designed as a national tool, to be used across a broad range of Culturally and Linguistically Diverse communities. The aims of the training package are to:

- Strengthen and increase mental health literacy
- Reduce stigma attached to mental illnesses
- Strengthen individual, family and community capacity to deal with mental health issues
- Provide relevant resources and numbers of services and organisations that may support the communities.

Attending the 'expert training' has meant that I can now train other workers on the use of the training pack and support them in their educational work with communities around mental illness.

This past April the pilot training was offered in Relationships Australia (SA) and ten Community Educators had the chance to assess the manual and its DVD. The package has now been finalised and is available to all communities.

If you would like further information about this training pack or how your community can create conversations around the stigma of mental illness please contact:

Fattaneh Scott

Expert Trainer for South Australia

(contact details at the end of the newsletter)

Be the change you want to see in the Macedonian community

By Goran Jovanov

The Macedonian Community Education and Support Services (MCESS) Project Initiative 2008 is under the direction of the Macedonian community, which aims to challenge, change and develop the Macedonian community to respond to its own issues effectively and creatively at a personal and community level.

The project consists of an educational program developed by a number of people working at Relationships Australia (SA), which aims to provide individuals and families with information about sexual health, drugs and alcohol, financial issues, dementia, aging, youth issues, gambling education, leadership skills, child protection, mental health, communication and many other topics. The response of the community towards the education programs has been overwhelming and full of positive energy and participation.

Participants are accessing therapeutic and casework services for their own issues relating to relationships, gambling and self-esteem and have been able to connect to this project meaningfully and reflect on their own lives.

Through this journey not only are we creating an organisation that is responsive to the needs of the community but the participants within this project can also become stronger individuals. This in turn will strengthen the Macedonian community.

Investing in the health and wellbeing of communities through education and culturally sensitive services that respond first to the needs of the individuals can create a community that is strong, caring and supportive of others. In other words, for change to occur at community level, it is essential and necessary that change also occurs at the personal level.

In encouraging change at the individual level for members of the Macedonian community, we are supporting tomorrow's leaders to be prepared for the change ahead.



Cambodian community project

This group of 12 individuals are aged from 16 to 36 and represent the diversity of the Cambodian community. They are in the final stages of completing the Certificate IV in Community Services (Information, Advice & Referral) training program. It has been an interesting journey for all the participants involved and this experience has changed them personally and professionally as future community workers.

The energy, enthusiasm and input of the group have been essential in changing how PEACE engages with the Cambodian Community. As a result of the group's input the Cambodian Community Educator position has been remodelled, so that funding will now be shared across all training participants to allow them to develop and enhance their community work skills, to give opportunities for collective work, learning and partnership work to occur between the potential future workers and other experienced workers from outside the Cambodian community.

Like all communities, the Cambodian community is diverse and complex. Having more workers to share the role and work means that PEACE can respond holistically, effectively and reach diverse sections of the community.

We would like to thank Le Son, who was the main Community Educator over the time it took for this project to establish itself, and who has now decided to vacate the position. Le's decision has been made so that future Cambodian Educators can be paid to work a number of hours to help and strengthen the Cambodian community. We would like to use this opportunity to thank her for her contribution and willingness to assist this project.

Stay tuned for information on how to take part in the many community activities and projects organised for the Cambodian community by its new group of Community Educators. All these activities will aim to promote healthy choices in relation to HIV/AIDS and hepatitis C.

The Cambodian project is unique because of the rich diversity and the participants willingness to change themselves on a personal level and through this become tomorrow's Cambodian community.



Certificate IV Cambodian participants on a field trip to the AIDS Council of SA with Goran Jovanov

Cambodian peer educators

As part of our long association with the Cambodian community and the various collaborative projects we are involved with, PEACE Multicultural Services is currently supporting the community by looking after a group of drug and alcohol peer educators.

The aim of the peer educators is to increase Cambodian young people's capacity to make informed lifestyle choices, particularly in relation to the use of alcohol and other drugs. We currently have 6 peer educators involved in this project; all of them with a strong desire to assist and support the Cambodian community deal with alcohol and other drug issues.

We hope this project links up with the PEACE Multicultural Services Cambodian Project, which at the moment is providing a group of Cambodians with the opportunity to complete Certificate IV in Community Services. These two projects have much in common and tap into the energy that future leaders of the Cambodian community have.

We would like to welcome peer educators and congratulate them for the energy and commitment they have shown towards the Cambodian community. These are the future leaders of the community and it is very exciting to be working with them!



Drug and Alcohol Project Cambodian peer educators

Drug Action Week, June 2008

Drug Action Week is an initiative of the Alcohol and other Drugs Council of Australia (ADCA). It's a national week of activities to raise awareness about alcohol and other drug issues and to promote the achievements of those who work to reduce drug related harm. Drug Action Week also aims to promote public debate about good practice strategies for reducing drug related harm.

This year PEACE Multicultural Services supported peer educators to apply for community funds from Drug and Alcohol Services (SA) and organise an activity for Drug Action Week. Peer educators worked collaboratively with workers from Soksarn (Cambodian alcohol and other drugs steering committee) to put together a family health day for the Cambodian community.

The event was attended by approximately 60 community members, who enjoyed a day of activities including learning how to make mocktails and pinning the tail on the donkey, wearing specialised goggles that made you see the world as if you had drunk too much alcohol. Present on the day were workers from the Drug and Alcohol Services, who provided information about the service, and a nurse from the Parks Health Service who checked attendants' blood pressure and blood sugar levels. The day created a lot of interaction between community members and lots of conversations about safe alcohol drinking levels as well as services available for people.



One of the peer educators tries to pin the tail on the donkey while wearing the special goggles



Suntary Kchao from the Parks Health Service and Sophin Kheav from the Salisbury West Community Health Service thanking participants for attending

Participants learning how to relax and have fun by making balloon animals



Family Relationships Education



Some of the Community Educators during the workshop

Our Sudanese Community Educators are now involved in learning about relationships through the Relationships Australia (SA) Family and Relationship Education service, to work with our Sudanese community about relationship issues. The Family and Relationship Education service is about supporting families to be strong and healthy.

In March 2008 we consulted with community leaders and elders to identify how the Family and Relationship Education services could best deliver its services to the Sudanese community in South Australia.

The group was happy to share issues that arise frequently within the community and acknowledged the fact that family and relationship issues are common for Sudanese families in South Australia.

This group recommended that current Sudanese Community Educators be trained to work alongside families. These Community Educators will take up positions as 'aunties' or 'uncles' who will assist families and couples solve problems and build stronger and healthier relationships.

Training for the Community Educators began in May and will continue for the rest of the year.

Family and Relationship Education services

Coping with change due to migration, a reminder from the PEACE Newsletter issue 14, April 2008.

The Family and Relationship Education services of Relationships Australia (SA) can deliver workshops and courses based on the principle that everyone in the community is entitled to an enriched and fulfilled life. We understand that meaningful interactions and participation are also vital to one's sense of self and connection to family, friends and community.

Topics delivered can cover a diverse range of subjects and issues from pre-marriage education to specialised family relationship skills to assist individuals, couples and families to develop skills to foster positive relationships. We also offer courses that cover family skills and parenting, relationship education, family violence prevention and after separation education. We also tailor workshops and group work sessions specific to your groups' needs to ensure that they are culturally sensitive and that cultural contexts are also taken into account.

If you (or your group) are interested in the Family & Relationship Education courses or require further information please contact Helen Iliadis at Relationships Australia (SA) on 08 8245 8100 or h.iliadis@rasa.org.au.

Family and Relationship Education is funded by the Australian Government Department of Families, Housing, Community Services and Indigenous Affairs.

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Community Educator profile: Kathleen

Hi, my name is Kathleen and I'm from China. I'm very happy to be involved with PEACE Multicultural Services as a Community Educator.



As is known to all, PEACE is a state-wide service with the aim to support and assist individuals, families and communities to lead balanced and healthy lives. This is what I'm interested in and is very similar to what I used to do back in my home country although the social settings are different.

I like to work in communities dealing with community groups and assist in the development and implementation of community education programs. I'm enthusiastic about communicating with people and dealing with social issues. Furthermore, the training for Community Educators provided a good opportunity for me to learn more about PEACE work and the staff working in this service. To be honest, I like the work environment and people associated with it although this type of work is demanding to some extent. However, I like challenges and embracing new opportunities. I'm convinced that this is just the field that I really want to get into.

Maybe in some people's opinion, Community Educator is not a glamorous and lucrative job. However, it requires some valuable attributes if you plan to use it as a stepping stone into a career in the human services. It's essential to possess good communication and facilitation skills, a broad knowledge of health issues, and good organisational and time management skills. If you want to perform well, you need to invest an abundance of time and energy.

As for my future plans, I have some preliminary thinking. It has been a short time since I came to Adelaide, but I think there are some organisations with which we could establish links in the near future; organisations where programs and services in the areas of health and wellbeing, women's issues, mental health could be supported and delivered to promote social welfare, minimise cultural differences and build up a culturally and linguistically diverse society. Some projects could be modified and adapted for the Chinese community here. The local media is also a good means to promote health programs and increase people's awareness. I'd like to pilot programs and further my capabilities so as to contribute to a multicultural society and the development of the Chinese community.

Introducing a Sudanese Community Educator



My name is Michael Jiehriek and I was born in a most beautiful part of the world. I am from the Western Upper Nile in Southern Sudan. I was blessed with a wonderful mother.

I imagine when she was nurturing me while I was an infant, that she could never have imagined her favourite son would one day become a citizen of another far away country like Australia. But life is full of the unexpected.

One of those unexpected things I had been hoping for was to be able to bring my son to live with me. I would like to thank the Australian Government for allowing me to realise my dream and to be reunited with my son Dickar Michael Jiehriek, who arrived on June 6, 2008.

I am also pleased to have obtained training with the PEACE Multicultural Services at Relationships Australia (SA) as a Community Educator to work with the Sudanese and in particular my own sub-community the 'Nuer'.

It is very challenging to talk about taboo topics like HIV and hepatitis C within my community, but now the training has given me the strength and ability to take on this challenge. Through this training I have gained skills and knowledge that help me understand and respect other cultures more than before.

Michael Jiehriek
Community Educator



Community Educator profile: Vicki



Hello, my name is Vicki Nesgos. I am a new Community Educator with PEACE Multicultural Services. I was born and raised in Australia and I come from a traditional Greek background.

I am a compassionate individual who enjoys helping people. My skills and knowledge of people has been consolidated by my studies in Holistic Psychology, Breath work/Counselling facilitation and life experiences. My most powerful skills lie in my ability to coach and mentor people, assisting those I work with to achieve vision and motivation.

I am married, with two beautiful daughters. Motherhood has cultivated qualities within me including patience, humility and support. My interests are fitness, aromatherapy and organic cooking. I also enjoy going on fishing trips with my family. I am fluent in Modern Greek and beginner's French.

In 2007, I was inspired to participate in the training offered by PEACE. I enjoyed the course very much. I made some wonderful friends from diverse cultural backgrounds. I would like to thank the facilitators for the training. They were welcoming as they provided a non-competitive learning atmosphere. As a participant I have gained skills, knowledge and confidence. I have a broader understanding on the subjects of HIV/AIDS, hepatitis and gambling.

As part of the training process I learnt a lot about my friends and realised that there is a great need for education and support to many individuals out in the communities regarding HIV, hepatitis and problem gambling. We live in a stressful society with many vulnerable individuals who are not aware that there are services and programs that can help them through difficult times.

My role as a Community Educator is to work with individuals, providing support and information, to provide them with the help that they need and to introduce them to participate in lifelong learning. I look forward to learning and building relationships with all the communities.

PEACE Multicultural Services is committed to empowering the community, to help people develop and grow. Community building is very important to me and I am happy to be part of that.

Staff changes at PEACE

We are sad to have to say goodbye to some of our colleagues. Unfortunately due to either funding loss or re-structuring we have had to say goodbye to

Ilse Van Barneveld (Gambling Help Services), Jasmine Judah (HIV, Hepatitis Central and West African project) and Le Son (HIV, Hepatitis Cambodian project).

We would like to thank them for all the great work and commitment they have shown during their time with us. We will miss their knowledge, skills and networks but also their presence, sense of humour and wonderful personalities. PEACE would like to wish you all the best in your futures and we look forward to working with you all again soon.

We would like to welcome Fattaneh Scott and Gillian Kariuki to the PEACE team. As you may know Fattaneh has had a long association with our work and we are happy to have her back in a more established position within the team. Gillian has been part of the MOSAIC team within Relationships Australia (SA) for a number of years and has now also joined PEACE - read on to find out more about these two workers.

Ilse's farewell



It is with profound sadness that I must say 'goodbye'. My contract has concluded and therefore I will no longer be a part of the PEACE team.

I have thoroughly enjoyed working as a Multicultural Counsellor during my time here, and have also found it interesting and challenging to participate in the service development initiative where the focus is to provide practice based information to develop culturally appropriate therapeutic interventions for CALD people affected by problem gambling.

During my time with PEACE Multicultural Services I have endeavoured to provide culturally sensitive and appropriate support to ensure that multicultural community members received the help they needed. I have contributed to the team and worked collaboratively to improve access and support of CALD background individuals and families experiencing problem gambling and all its many related issues.

Another aspect of my work has been facilitating 'Omnia', a multicultural women's support group for women from multicultural backgrounds who have been affected by their own, or their family member's gambling. This was a safe place for the women to share their stories and where support was offered in a culturally sensitive and caring way. Several of these women have set themselves goals to move on to further their studies so as to embrace other opportunities in life.

As part of the Cambodian Project, I also had the opportunity to co-facilitate components of the Certificate IV in Community Services (Information, Advice and Referral) with Goran, with a focus on Client Work. It was a pleasure to engage with the Cambodian participants who were most enthusiastic in gaining more knowledge in relation to this area of their course. The interaction and learning was a positive experience for us all.

During 'Gambling Awareness Week' I co-facilitated a session with Enaam and facilitated a session with Lola to the students of the New Arrival Program, at Thebarton Senior College, as part of their 'Life Skills' Program. In total, there were approximately 110 students who were most receptive in gaining an awareness of the issues surrounding problem gambling and its related issues. The students enjoyed participating in the interactive workshops where they gained information and knowledge in this area. The theme for this year's Gambling Awareness Week was 'Busting The Myths'. We had an opportunity to discuss the myths surrounding gambling and we highlighted the actual 'facts' in relation to problem gambling. These facts are that 'Ignoring your gambling problem may make things worse', 'Speaking to someone is the first step towards getting help', 'There is plenty of help available' and that 'Your chances of winning are poor.' These issues were explored in depth. All students enjoyed the interaction and the student centered learning that took place. Recently, we received an invitation to attend the students of the New Arrival Program's graduation to which Lola and I attended, and it was wonderful to experience and share the students' joy of their achievements. We felt honoured to have been invited to this important celebration.

I also participated in the seminar that took place to engage with the Ethnic Media where we explored what we could do as leaders and representatives who are concerned about problem gambling in our communities. As a follow up from that session, I was interviewed on EBI-FM by Dieter Fabig, on the German Radio program where I was able to communicate in German, regarding where help is available in relation to problem gambling and its many related issues. Dieter also interviewed Enaam in relation to the services that PEACE provides, and the aspects of problem gambling.

Overall, it has been a very rewarding year for me whilst working with PEACE Multicultural Services, and I have enjoyed every aspect of my work. I wish everyone well for the future.

Fattaneh Scott: Senior Counsellor and Educator



I am happy to be a part of the newly formed counselling team in the PEACE service.

In my previous work in Iran, USA, South Africa and Australia I was always involved with clients across different cultures and working with CALD communities across the globe has prepared me well for this new position. It feels like coming home.

My approach to counselling has a universal character and deals with elementary human capacities. Therefore it can respond effectively to cross-cultural issues and is suited to the needs of clients from CALD backgrounds. At the heart of my approach is the respect for a clients' way of being. This approach works in a comprehensive way and makes use of practical therapeutic methods, which can be adapted to the clients' needs, capacities and cultural preferences.

I believe that just as different patients respond differently to medication, clients also respond differently to therapeutic interventions. Therefore there is a need for a range of intervention approaches. Specially, I find that in working with CALD clients who are doubly influenced by 'relativity of response' and 'relativity of values' flexibility in approach is very important.

My door is open to all and I welcome you all.





PEACE Multicultural Services

Personal Education and Community Empowerment is a service of Relationships Australia (SA)

PEACE Multicultural HIV and Hepatitis C Services is funded by the Department of Health (SA)

PEACE Multicultural Gambling Help Services is funded by the Gamblers Rehabilitation Fund, a joint initiative of the Australian Hotels Association (SA), Clubs SA, SkyCity and the Government of South Australia



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Welcome Gillian!



Hello my name is Gillian Kariuki and I am the new CALD relationship counsellor at Relationship Australia (SA). I will be based within PEACE Multicultural Services. I am looking forward to learning and contributing to the team and working together to improve access and support of CALD individuals and families experiencing a range of issues related to their health and relationships.

I was born and raised in Kenya and I migrated to Australia with my family two and a half years ago. I am therefore able to use my personal experiences on migration and settlement to connect and engage with CALD community members in addressing the concerns that may arise from their experiences.

I speak and write excellent Kiswahili.

I have been working with Relationship Australia (SA) for the last two years on a part time basis within MOSAIC and I have gained a lot of experience in helping individuals and families, especially in maintaining confidentiality, a concern which is shared across all cultural backgrounds.

I have the flexibility to work differently with individuals and families depending on their specific needs and therefore am able to do home visits, and support clients in many related concerns.

If you would like to know more about my work or me, you are welcome to contact me at the Hindmarsh office on 8245 8100 during the week.

