

PEACE™ newsletter

Issue 18, May 2010

Multicultural
Services

- PEACE services are for *me*, my *family*, my *friends* and my *community*
- PEACE can help me *build* and *maintain strong* and *healthy relationships* in all that I do
- PEACE understands and *respects culture* and traditions

personal education and community empowerment

From the Manager's desk

The Personal Education and Community Empowerment (PEACE) Multicultural Services based at Relationships Australia (SA) is 10 years old. Reflection on those years has given me a sense of privilege, pride, excitement and, above all, the energy to keep going as there is so much that still needs to be done!

Here are just some of the achievements and differences we have made over the years.

Re-positioning sensitive issues

Responding to stigma, shame and fears that communities have in relation to taboo issues, commenced when we replaced our Multicultural Communicable Disease Program with the PEACE name in 2000. Currently, PEACE provides a number of services, all of which aim to develop communities through building healthy relationships and families. Our holistic and diverse services, allows people in need of our services to have multiple ways to engage with a helper without the threat of a particular label such as HIV or problem gambling.

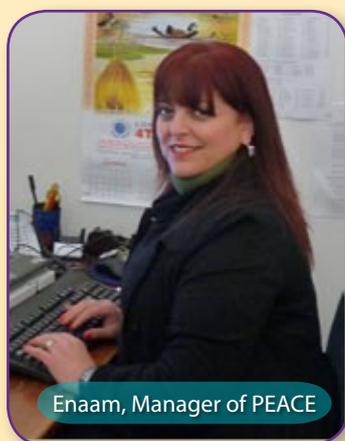
Minimising barriers and creating synergies for change

Moving from simple community education sessions to a learning team and learning communities has become an entrenched practice for people who work for PEACE. Our ongoing collaboration with the diverse Culturally and Linguistically Diverse (CALD) communities and our multiple community engagement strategies have resulted in strong relationships with many of the CALD communities living in SA. We have recognised over the years, the need to be flexible and innovative in our approaches towards meeting community needs. We have therefore relied strongly on individual CALD communities for input into the ways in which education and support strategies can be best developed and implemented.

Our relationships with CALD communities are developed on trust and respect and recognise and build on people's strengths and internal resources and talents. It is these relationships that influence not only our learning but also the communities' own learning about how to live a healthy and safe life here in Australia. They give communities the confidence to seek support from our agency when things go the wrong way for them and/or when they desire to take a leadership approach but not sure how to go about it.

Influencing policy and improving service delivery

PEACE always recognises the right of all individuals, to access available services without any language and cultural barriers and free of fear. We believe that all people should have the opportunity to use the service that best meets their needs. Therefore, challenging mainstream service providers' practices and supporting their learning needs to improve service delivery for CALD people, has been an important element of the work we do.



Enaam, Manager of PEACE

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Relationships Australia
SOUTH AUSTRALIA™

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Our advocacy and consultancy services over the last 10 years have taken different shapes and levels. We have worked to support individuals deal with their own struggles when using a mainstream service. We have worked in collaboration with other agencies who are keen to deliver a more flexible and meaningful service, as well as lobbying through a number of avenues to address gaps in service delivery. PEACE presents the issues of multicultural communities at a local, state and national level.

Making a difference in the individual's life

Our one-on-one services have always been provided in an environment that is respectful of culture and of the client's way of life. Over the last 10 years, those services have developed from informal services, giving information and linking people to mainstream services, to a formal case management structure. Most recently, we employed a number of qualified Case Managers and Case Workers to ensure that clients receive all the support they need to achieve independence. We empower clients and strengthen their abilities through an individual care plan that is developed in collaboration with each client.

It is this care plan that keeps individuals focused and in charge of their own lives. More importantly, it gives them the confidence to navigate their way through the maze of the Australian health and welfare services, which looks so different from their own. Working in collaboration with clients, supporters from family and friends and other services, our case management approach has indeed made a difference in people's lives according to feedback received from mainstream service providers and the clients themselves.

Persian Speaking Communities voicing their opinion

A dedicated Project Officer, using culturally appropriate engagement techniques, consulted 50 Persian-speaking people to seek their advice on how to improve the newly created Persian gambling booklet "Losing or Winning, Where is the Problem?".

The Project Officer used the consultation process to personally invite them to participate in a community forum. The forum was organised to reflect a summary of the community's responses to the booklet, to engage them in conversations about their own experiences with gambling and services available to them. The aim was to show ways to de-stigmatise and normalise gambling issues within the community. Two people from the Consumer Voice Program attended the forum and shared their personal stories which were very engaging for the audience.

There was an amazing energy and sense of dedication of participants as they showed their support for their community. As a result, a number of ideas will be put forward for the next financial year to tackle the issue of gambling and diversity of Persian speaking communities.

PEACE uses available resources to meet community needs

PEACE is committed to improve the Cambodian community's access to services; one way of doing is through a specific Cambodian project called "Vibol Sok". In the Khmer language, Vibol Sok means "Wellbeing".

Using technology

Vibol Sok has a Facebook page, which was recently designed and created by a Community Educator from PEACE Multicultural Services in consultation with members of the Cambodian Community in Adelaide.

The purpose of the Facebook page is to give young Cambodians and their families an opportunity to be part of community conversations and to learn about individual and community health and wellbeing. Through this initiative, we hope we can improve connections between the Cambodian Community in Adelaide and available services, as information about community events, activities and services will be provided through this page. This is a new initiative, which we would like our readers to promote as widely as possible to the community and service providers.

Establishing services where the community lives

Vibol Sok is also the name of the Cambodian Family Centre, which will be launched in April 2010. It will be a PEACE initiative, based at the Salisbury Family Relationships Centre of Relationships Australia (SA). Our Cambodian Worker, Lakhina, will be working at the centre for 2 days a week, supported by a number of experienced practitioners/counsellors and a Multicultural Community Development and Support Worker. Stay tuned for further developments! In the meantime, if you require any further information please contact Enaam Oudih, PEACE Manager on (08) 8245 8100.

Multicultural Liver Clinic

Chronic Viral Hepatitis is common in communities who come from CALD backgrounds. Many are told the diagnosis and referred to services without attending to their cultural needs. Many people have great difficulty understanding their illness and the health implications, and the importance of knowing how to look after their liver. They often have limited knowledge of where they can get help.

In response to all of these issues, a number of services got together to explore how we can, collectively, address these problems.

PEACE Multicultural Services, Hepatitis C Council of SA, Migrant Health Service, Clinic 275, SA Health and the Clinical Nurses from the Liver Clinic from the four major hospitals (Royal Adelaide Hospital, Queen Elizabeth Hospital, Flinders Medical Centre and Lyell McEwin Health Service) are collaborating to set up a Multicultural Liver Clinic. Through specialist nurses, GPs and qualified Case Workers, each client will be supported through an individual care plan to prevent advance liver disease and enhance quality of life.

Look out for more details about the launch of the clinic sometime over the next few months. For more information about this project please talk to Enaam Oudih, PEACE Manager on (08) 8245 8100.

YALLA Festival

YALLA is an Arabic word, meaning “c’mon lets go”. It was the name of the festival that was organised by an active group of people who call themselves the “Young Australian Lebanese Association”. The festival was held in December 2009 at Rymill Park to showcase Lebanese culture. The festival was a family friendly event attracting patrons of all ages.

The day was a great opportunity for PEACE to engage publicly with the Arabic speaking community. We had a PEACE/Relationships Australia (SA) booth in amongst the cultural stalls where we provided a range of pamphlets promoting our services. The day provided our PEACE staff: Rosemary; Goran; Yuggo and Mohamad, an avenue to engage with youth and families. The day was a success, and we connected with at least 50 young people who were interested in contributing to learning how to work with young Lebanese people of all religious backgrounds.

Stay tuned for further developments exciting projects!

A place to learn and to influence learning

a reflection by Buol Garang A. Juuk

Last year was a year of opportunities and prosperity, as it was my first opportunity to attend and present at the National Hepatitis Health Promotion Conference on behalf of the PEACE Multicultural Services. I was overwhelmed with the news that not only was my abstract accepted, but a financial scholarship was also awarded to meet some of my travel expenses to Hobart.

At the conference, the issue of hepatitis B stood out for me. It was obvious that it is becoming a high priority for the Government and for service providers, particularly as it affects some of the most vulnerable communities in Australia, including those of Asian and African background. Being a member of the Sudanese community and a worker with the African communities, I am alerted to so many of the ongoing and challenging health issues, including the myths surrounding HIV/AIDS and protected sex, viral hepatitis, diagnoses and the changes of roles and responsibilities among family members which often affects family relationships.

At the conference, I had an opportunity to share some of the things I have learnt over the years. The title of my presentation was: ‘Myths Surrounding the Diagnosis of Hepatitis among CALD Communities of African/Sudanese Background’.

Despite the fact that I had a lot to share and only a very short time to do so, I still managed to highlight the issues facing the affected clients and the challenges for service providers. I have connected with many people across Australia, who have told me that they learnt a lot from my presentation. I greatly look forward to being part of the community education journey of learning to address hepatitis B and other related issues.

How can family and friends help a person experiencing problem gambling?

Often a person experiencing problems related to gambling, feels that there is no one that they can talk to or who will understand what they are going through. This can create more stress. They may feel that they are being blamed for their gambling which does not help them recover or take control of their gambling. It may, in fact, increase their gambling activities as they try to avoid the guilt and stress by escaping their home, family and friends.

Friends and family members can play a very important role in helping the individual affected by problem gambling to address their gambling problem. It can be difficult for them to know how to approach the person with the problem, or how they can show support and care.

Here are some tips that you may find useful when trying to help someone you care about who is experiencing problem gambling:

- Avoid saying 'it is your fault' or telling them in other ways that it is their problem and they just need to stop it.
- Avoid bringing up the subject of gambling when they are angry or during an argument. When people are already angry, it is difficult for them to understand that you are talking to them about their problems because you care for them.
- Acknowledge that it is easy for anyone to fall in the trap of problem gambling and this could happen to you as well.
- Avoid supporting the gambling behaviour of the family member or friend. Try not to give them money to gamble, pay their outstanding bills or make excuses when they do not come to work or social functions.
- Say what you have noticed about their gambling and tell them that you are concerned about them.
- Tell them that you are there for them and they are not alone.
- Tell them that there are a number of gambling help services available, which are free and confidential.
- Get in contact with a PEACE worker who can help you to understand what gambling help services are available and how they can help the person and what support they can provide you.
- Ask the individual if he/she wants you to come with them while they attend their first session with a gambling help worker.

Family members and friends are also an important help during the recovery journey from problem gambling. Here are some useful strategies:

- Listen to the individual without blaming them or saying "if they only did not do that".
- Tell them that you are able to support them and that they are able to do it.
- When they lapse and go back to the unhelpful gambling behaviour, do not get angry with them, but encourage them to talk to their Gambling Help Counsellor. Relapse is part of the healing and recovery road, as long as they have an opportunity to learn from it and develop strategies to prevent it. Often a person can go through a number of lapses before they stop or control their gambling behaviour.
- Work with the PEACE Worker to help you develop a plan on how you can prevent harm as a result of your family member's gambling.
- Ask them what you can do for them, to avoid them feeling powerless and hopeless.
- Show your care by listening, making time for them and acknowledging their effort in managing their gambling.
- Discuss with the PEACE Worker how you are feeling. When you are supported, you feel stronger and are able to support the person with the gambling problem.
- Take time for yourself to recover so you can stay positive about the recovery journey.
- Involve the family member or friend who is affected by problem gambling in activities other than gambling.

These are only a few of the strategies that can be helpful to you and your family. Each case is different, so other strategies may be helpful. You should consult with a PEACE worker, who can help you to develop other strategies and involve appropriate Gambling Help Counsellors and services.

Community Support Workers end of year celebration

At the end of 2009, PEACE Multicultural Services held an end of year celebration to mark the ending of one era and the beginning the next. It was PEACE's way of saying thank you to all the wonderful Community Support Workers who have spent much of their time helping out not only their own communities, but other communities that needed their assistance.

About 40 Community Support Workers from diverse backgrounds, attended the night. There were support workers who have been with the PEACE program for over 10 years, as well as new members that have been with PEACE for only a short period of time.

Through a number of activities, participants on the day, not only shared wonderful multicultural food but were also able to have lots of fun and share personal experiences of being involved with PEACE. The night provided an opportunity for all Support Workers to meet and network with other Support Workers and to exchange stories not only about their communities, but about themselves. Friendships were developed that will last a lifetime.

The following photos are from the End of Year celebrations.



Congratulations to Cholly Winter What an inspiring story! -



Late in 2009 Cholly, a Community Support Worker with PEACE, accepted a Certificate of Appreciation for volunteering from the Premier. This is her story.

Cholly immigrated to South Australia in 1976. She was born in Manila, Philippines. She graduated from the University of Santo Tomas, the oldest university in the Philippines, with a Bachelor of Commerce & Business Administration degree, majoring in Management and with a minor in Sociology. She also holds an Associate Degree in Secretarial Science.

She began her working years in roles including:

- Secretary
- Administrative, personal and executive assistant
- Community worker
- Business entrepreneur.

Her passion is community and she has been working as a volunteer for her own Filipino community since 1977. In 1998, Cholly became involved with the multicultural communities by joining the Multicultural SA Volunteer Migrant Information Officer Network, a position which she still holds.

Cholly currently works part-time as a Community Support Worker with PEACE Multicultural Services at Relationships Australia (SA). She holds position including:

- Member of the Board of Multicultural Aged Care
- Chairperson of the Filipino Aged Care of SA
- Secretary of the Filipino Australian Community Services Inc.
- Business Manager of the Filipina SA Network
- Chairperson of the Membership Committee
- Lansones Village Housing Cooperative Inc.
- Booking Officer for the Senior Peer Education Centre and Networking For Clubs Liaison for COTA Seniors Voice

- Executive Member of Cancer Voices SA

and was recently elected as Sponsorship Coordinator for the International Women's Day Committee—all of which are volunteer positions.

She is a breast cancer survivor, having been diagnosed in 2001. Cholly had a lumpectomy, clinical trial drugs chemotherapy for six months and six weeks of radiotherapy. During this journey, Cholly continued her volunteering. In 2002, Cholly became involved with the Cancer Council SA as a Cancer Connect Volunteer to help and give support and information to CALD about support services. She joined Cancer Voices SA as a consumer since its inception in 2006 through a survey conducted by CVSA. In September 2008, she attended a Consumer Research Training Course in Sydney for two days and this paved her way in being successfully selected to sit as a member of the National Research Advisory Group for Cancer Australia.

We thank Cholly for all her hard work and commitment to make a difference in our society.

Congratulations for a well-deserved certificate.



Training Package

Each year the PEACE program holds free training for members of CALD communities in South Australia. 2009 was a year of change and the training provided participants with information about key issues such as HIV, viral hepatitis and problem gambling. 2009 saw the introduction of training about mental health, domestic violence, STIs, alcohol and other drugs.

PEACE provided the training program for over 20 participants from differing cultural and community backgrounds (ranging from Chinese, Vietnamese, Bhutan, Congo, Rwanda, Iran, Burundi, Cambodia, Lebanese and Kurdish) to become community support/education workers. Some of the participants were already employed by PEACE on a casual basis and attended the training to refresh their skills. Others were currently employed as interpreters/translators or were volunteers.

The training was divided into two sections. The first concentrated on information and knowledge, while the second stage provided the participants with qualifications that will allow them to work within their own and other communities.

The first stage, which was held in October and November 2009, was well accepted by all. All participants provided an excellent evaluation of the course and indicated how keen they were to commence with stage 2 of the training in February 2010.

During the break between section one and section two, the participants were encouraged to attend agency visits, where they would meet with workers and have firsthand experience of the agencies. They visited Shine SA; Clinic 275; the Positive Living Centre; Hepatitis C Council and the AIDS council. The visits were fun and informative and left the participants wanting more. The second stage, which will enable the participants to acquire the skills and knowledge in the areas of group work and case work, has already commenced in February 2010. They all wait in anticipation to work within the communities and put all that they have learnt into practice.

The PEACE team and participants are all very excited about the new training package and the talent within the group and look forward to the fun filled experience that 2010 brings.

Reflections from 2 participants

"I attended stage one of the training organised and delivered by Relationships Australia (SA) in October and November last year, and found it extremely educational and useful. The training provided me with very thorough and detailed information in relation to touchy topics like AIDS, STIs, gambling, drug and alcohol abuse. After the training, I have more knowledge and a better understanding of the topics mentioned above and, above all, I am less judgemental and more open-minded now! I am really looking forward to stage two of the training, because I have no doubt that this training will consolidate and strengthen what I have learnt so far and will put it to good and wise use!

Oh, I almost forgot, the presenters, Enaam and Goran in stage one, were outstanding: knowledgeable and full of real-life experiences! And Rosemary did a good job, too! It's not easy to organise and manage a training course with such large attendances. You have been amazing, professional and incredibly accommodating! Well done!"

-Adrian L Liu

"I believe that the stage one of the course was a great success. The aim of the program was thoroughly achieved through establishing valuable relationships among culturally diverse individuals. I found the information disseminated about HIV/AIDS, Viral Hepatitis and other related health issues to be very appropriate and useful to CALD communities. Gambling addiction and the associated problems were accurately discussed. The information provided regarding how CALD communities can improve their access to health services, was quite helpful as well. I look forward to group work and case work practices of the second stage of this program."

Nadia Aghtae

ASK THE AUNTIES...

If you are in a relationship that is going nowhere, or you know of a relationship that is full of pain, stress, confusion, or emptiness, then this is for you.

You are not alone, your Aunties are here for you to give you tips and help rescue your relationships. Please call or write to us via the PEACE team and your questions will be answered. Of course your name will be kept confidential.

***“Happy living, loving,
and laughing are good
for your
health and wellbeing”***

Seven steps for rescuing your relationship:

1. How is your relationship now? You will never be able to change what you do not know. An unexamined life is not worth living.

2. What is a perfect relationship? Think about the myths and wrong ideas about relationships.

3. Change negative thoughts

4. Set your own “personal relationships value”
This is about your own belief system and core values.

5. Be patient and prepare for success. Any good relationship needs time. It takes a lot of noticing, reflection, and action.

6. Reconnection process. Whether you are in a relationship that is broken or is weakening, if you want to repair it, the critical step is to know how to deal with your own needs and your partner’s.

7. Be aware of emotional baggage. Recognise them, package them, and store them outside. To have space for your new relationship.

REMEMBER: Improving your relationship requires ACTION each and every day. No matter how much you wish for it or want it, it won’t change anything.

***An ancient wisdom:
“The journey
of a thousand miles
starts with one step”***

The Filipino Community Work Program

As a result of the community consultations conducted with the Filipino community, PEACE Multicultural Services, in collaboration with three different programs based at Relationships Australia (SA), has created a course specifically designed to develop and maintain healthy relationships and building a safe and supportive environment within families and communities.

The course provided the participants, who were community members working as leaders or volunteers in the community, the following knowledge:

- Self-awareness of values and beliefs and their impact on the individual, family and community
- Effective communication skills
- Understanding the impact of problem gambling on the individual, family and community
- Understanding of services and models available to assist individuals and families in seeking help around problem gambling
- Relationship issues and strategies maintaining meaningful relationships with families and others
- Understanding of grief and loss and its impact on the individual, family and community
- Understanding the impact of distorted and unhealthy thinking on the individual, family and communities.

The 16 participants finished the course in December 2009 and each received a certificate for a 21-hour course in Community Leadership.

How can gaming venues help you and your family?

The role of the gaming venues is not only to provide gambling entertainment, but also to help any patrons who may be experiencing gambling problems. In each venue there is a Responsible Gaming Officer, with whom you can have a conversation in private about services that are available to help you manage your gambling. These services can also provide assistance for your family members and friends.

The Responsible Gaming Officer can help you to get in contact with service providers such as PEACE Multicultural Gambling Help, or other gambling help services. If you prefer to manage your gambling yourself, the Responsible Gaming Officer can help you to complete a barring form to exclude yourself from that particular gaming venue. It is important to remember that if you have completed that form and were to enter this venue, you may be fined up to \$2,500. The Responsible Gaming Officers are trained to work with individuals from multicultural

backgrounds. They can organise an interpreter over the phone to help you if you cannot speak English or are not comfortable in doing so.

If you sometimes get approached while playing the pokies, remember that it is their duty to ask you how you are going and how they can help you, because gambling can easily become problematic.

Who is new at PEACE?

Amal Mikhail

Hi, my name is Amal Mikhail and I started working with the PEACE team in November 2009. I was born in Egypt and immigrated to Australia in 1989. I lived in NSW for 13 years before moving to Adelaide. I am married and have a 17 year old daughter who is currently studying Pharmacology at the University of South Australia.

I studied in Archaeology in Egypt, and also completed several Certificates and Diplomas ranging from a Diploma in Child Care and Social Science completed at Werrington Campus in NSW, through to Certificate III in Administration and Business, Frontline completed in Adelaide TAFE. I am currently studying a Certificate III in Women's Education at Adelaide TAFE.

I believe that the experience of migration has not only played an important part of my life and my attitude, it has also widened and increased my appetite for knowledge and to interact with different people and feed my curiosity. It has also enabled me to become familiar with culture and civilisation and to get to know people from different communities.

I am currently working with PEACE on a project involving my own culture and gambling. I am working on the Arabic version of the booklet detailing information on problem gambling and the affect that it has on their lives. I am enjoying my role and finding it challenging and rewarding. It has helped me to become aware of the issues and concerns of Problem Gambling and the affect it plays in one's life. It has also allowed me to appreciate the work that PEACE does, and its importance.

Shabeena Laundry

Hello, Asalamalaikum, Namaste, Adaab, Vannakam!

My name is Shabeena Laundry and I am one of the latest additions to the PEACE team. The opening words to my introduction are versions of greetings in the some of the languages I speak and the diverse cultural backgrounds I represent.

I officially joined the PEACE team as Senior Coordinator in November 2009, having worked at Relationships Australia (SA) for close to a year in a different capacity

within the HIV and Hepatitis C sector. I started my journey here at Relationships Australia (SA) as an Educator for the HIV and Hepatitis C Workforce Development program in 2008, later becoming Coordinator for HIV and Hepatitis C programs overseeing both the HIV and Hepatitis C Workforce Development program and MOSAIC services.

A bit about myself. I am of Indian background and come from a well-educated and well-travelled Urdu speaking family from Southern India. Even though I am of Indian heritage, if asked I wouldn't necessarily be able to express the views of a South-Indian woman. Having grown up in Middle Eastern, South East Asian and European countries and now living in Australia and married into an Australian family, I have been very privileged to have the influences of these very diverse cultures, and traditions in my life. My life experiences involving people from the above places, their beliefs and values have richly contributed to shaping me into the individual I am today and continue to play a valuable role in my growth.

I came to Australia to visit this beautiful country in 2002 after completing undergraduate study overseas in Medical Sciences and ended up deciding to do post graduate study here. Three years later I had completed a Graduate Certificate in Alcohol and other Drug Studies and a Masters in Health Service Management with a focus on Public Health at Flinders University. Prior to joining Relationships Australia (SA), I worked in the Community Services area (Drug and Alcohol sector) working with young people in addressing substance use through peer education and first aid. Apart from my paid work, I have been an active volunteer in the Community Services sector through a number of volunteer positions in the last 5 years working for State Emergency Service and Australian Red Cross Disaster and Emergency services. My volunteer work has given me the opportunity to give back to our communities when in need and most importantly help me to develop a sense of gratitude for everything I have in my life and not take things for granted.

Since joining the PEACE team, every day has been a huge learning curve and continues to be one every minute. Long term, I would like to work with people who have speaking and hearing impairments, however for now, I am working in and with the PEACE team and strive to achieve many things that form the core part of my work like bridging the gender gap; addressing stigma, discrimination and bigotry; helping improve access to the health care system especially for vulnerable people; and helping reorient health care services to better address the needs of vulnerable people. I would like to end this article with one of my all time favourite quotes:

"I laugh, I love, I hope, I try, I hurt, I need, I fear, I cry. And I know you do the same things too. So we are really not that different, me and you."

By Colin Raye

A great partnership – working with PEACE to celebrate women!

The HIV Women's Project (at Women's Health State wide – a community service of the Children, Youth and Women's health service) approached PEACE to talk about ideas for working together to host an event for women on World AIDS day.

We decided to host a lunch where we hoped to bring together the many different communities that both our projects work with. The aim of the event was to not only celebrate and honour women on World AIDS day, but also to acknowledge the role women can play in prevention and awareness. It was a very successful event, with about 120 people attending from many different communities. The generous singing and dancing performances from Filipino and African communities gave the event a positive energy and enthusiasm.



Katherine, our Peer Support Worker at the HIV Women's Project was the key speaker. She explained how 'HIV/AIDS affects everyone – it is everyone's business'. In 2009, there remains many myths about HIV/AIDS and who can become infected. These myths conspire to lay blame or judge people with HIV/AIDS. The facts are:

- Anyone can become infected
- Of the 18,000 people in Australia living with HIV, women represent 10% while globally 56% of the HIV population is women
- When it comes to HIV vulnerability, a person's age, gender, cultural background, religion and economic status play a significant role
- HIV/AIDS is a serious disease – there is still no cure
- You cannot tell by looking at a person if they have HIV or not. HIV doesn't discriminate, PEOPLE do.

It is time to revisit the awareness and prevention messages of the early days without fear.

We can all make a difference; we can all "take action":

- as individuals
- in our community
- at school, in the workplace, with friends and family, in churches and in our neighbourhoods.

We must remember that knowledge = power and that awareness education and prevention is the key to reducing HIV.

Pam Price
Project Coordinator, HIV Women's Project

For more information on the project phone
(08) 8239 9624

The following photographs are of the welcoming ceremony and the event.





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Community Support Workers

We train and work closely with Community Support Workers from more than 30 different cultural and language groups. Currently, the Community Support Workers we have working on specific projects are Cholly Winter, Akar Parderar and Evariste Manirakiza.

Help is available at these Relationships Australia (SA) offices:

Hindmarsh

49a Orsmond Street, Hindmarsh SA 5007

Phone: (08) 8245 8100

Languages spoken: Greek, Arabic, Persian, Italian, Polish, Spanish, Filipino, French, Macedonian, various Sudanese languages, English and other languages

Help available: Specialised gambling help service to the multicultural community including one on one assistance.

Salisbury

Shop 8a, Salisbury Cinema Complex
Corner James and Gawler Streets, Salisbury SA 5108

Phone: (08) 8250 6600

Help available: Gambling and financial counselling and Vibol Sok Family Centre.

Adelaide

55 Hutt Street, Adelaide SA 5000

Phone: (08) 8223 4566

Help available: Gambling and financial counselling

Marion

Office Suite 500a, Westfield Shopping Centre,
297 Diagonal Road, Oaklands Park 5046

Phone: (08) 8377 5400

Help Available: Gambling and financial counselling

Berri

9 Kay Street, Berri SA 5343

Phone: (08) 8582 4122

Help Available: Gambling and financial counselling

Other Gambling Help Services

Statewide Gambling Therapy Service (Flinders)

Southern Metro & Rural Areas

Flinders Medical Centre, Bedford Park SA 5042

Phone: (08) 8204 4779

20b John Street, Salisbury SA 5108

Phone: (08) 8182 4911 or (08) 8182 4090

Suite 9, 60 Marryatt Street, Port Adelaide SA 5015

Phone: (08) 8240 0522 or 8240 0833

Offenders Aid and Rehabilitation Service (OARS) SA

231 Morphett Street, Adelaide SA 5000

87 Dyson Road, Christies Beach SA 5165

Phone: (08) 0700 8218

Help Available: Specialised gambling help service to people who are in, or at-risk of, entering the criminal justice system including one on one assistance.

Pokies Anonymous

Bowden Brompton Community Centre

19 Green Street, Brompton SA 5007

Phone: (08) 8340 4262

Help Available: Group meetings

Anglicare SA

9 Mary Street, Salisbury SA 5108

Phone: (08) 8256 2170

Help Available: Gambling and financial counselling

Vietnamese Services

Vietnamese Community in Australia (SA)

62 Athol Street, Athol Park SA 5010

Phone: (08) 8447 8821

Languages Spoken: Vietnamese, English

Help Available: Specialised gambling help service to the Vietnamese community including one on one assistance

Chinese Services

Overseas Chinese Association

110 Crittenden Road, Findon SA 5023

Phone: (08) 8445 1677

Languages Spoken: Cantonese, Mandarin, English

Help Available: Specialised gambling help service to the Chinese community including one on one assistance