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The parenting video in Arabic gets a positive response



Video Launch

BACK ROW FROM LEFT TO RIGHT:

Mr Maan Abdallah, Mr Abbas Abou Abdallah, Mr. Wadih Tabet, Mr George Habib and Mr Gandhi Sindyan

FRONT ROW FROM LEFT TO RIGHT:

Ms Ilona Lee, Ms Samia Labib, Ms Majida Abboud-Saab, Ms Wafa Zaim, Ms Rabia Maloof, Dr Karima Attia-Soliman, Ms Clarita Norman and Ms Rema Esber

After distribution of the first 100 copies of the video, ***The Challenges of Parenting in Another Land***, there has been such a great demand that we needed to produce more copies. We believe that the key factor for the success of the video was having a partnership with a number of Arabic speaking organisations working together to produce a much needed resource.

For a copy of the video, contact Multicultural Communication on (02) 9382 7516. If you already have a copy we would appreciate your feedback - please fill in the questionnaire provided with the video and return it to us.

Our Catalogue Online – an important reminder

We're discovering that many people prefer using a hard copy of the catalogue instead of the electronic version. However, the hard copy, printed and distributed in June 1999, is no longer up to date, and doesn't include all publications added to the database over the last 18 months.

If you prefer a hard copy, the only way to keep up to date is to print out a new one from the Web.

More bilingual fitness leaders available

TAFE NSW and Multicultural Communication are pleased to announce that more bilingual fitness leaders have gained accreditation and are available to take classes.

The bilingual fitness leaders course, a joint project of TAFE NSW (Outreach), AIM for Fitness, and the SESAHS Falls Prevention Unit, is a key strategy in addressing the lack of bilingual gentle exercise leaders for NESB communities. Last year, as part of its involvement in the Physical Activity Campaign for Older people, Multicultural Communication's marketing and promotional support attracted hundreds of applications to the course.

Since the pilot course (which had 15 students, six of whom passed), the course has been modified and has produced 11 graduates from a class of 15. The languages spoken by the fitness leaders include Arabic, Cantonese, French, Filipino, Italian, Serbo-Croatian, Spanish and Vietnamese.

A third course is being considered. If you need a bilingual fitness leader to provide gentle exercise for senior NESB groups in your area, or if you're interested in sponsoring a bilingual worker to attend the next fitness leaders course, contact Michael Camit on (02) 9382 7528 or email camitm@sesahs.nsw.gov.au

Where do you go for multilingual health information?

Multicultural Communication's website, of course! If you conduct training sessions for other workers and want to make them aware of our services, we now have promotional materials available - brochures, postcards and stickers - promoting our website address. In addition, we have a one page information sheet on how to download information from our website!

If you'd like multiple copies of our promotional materials for distribution to staff or for training sessions, contact Cecilia George or Michael Camit on (02) 9382 7516 or email mhcs@sesahs.nsw.gov.au

So, for multilingual health information, where do you go...?

Do you need help to access multicultural information on the web?

We're happy to train health workers to access our website. If your organisation or service would like us to attend a staff meeting or conduct in-service sessions, please contact Clarita Norman on (02) 9382 7516.

Web news

Important reminders about our website for staff with access to the HealthNet
<<http://internal.health.nsw.gov.au/health-public-affairs/mhcs>>

- **How to access the directory of people employed in the provision of multicultural health services in NSW.** To locate a worker who speaks a particular language or works in a particular area, go to Useful Link under Resources, and click on the HealthNet address, as above.
- **How to find listings of multicultural health promotion projects and research in NSW.** Go to Research & Projects, then follow the instructions on the page (remember that we rely on you to add your projects to these lists to keep it up to date). All you have to do is fill in the form under "Research, Needs Assessment and Consultations ..." or "Health Promotion Programs ..." - it's easy!

Useful Website

Transcultural and Multicultural Health Links at <<http://www.lib.iun.indiana.edu/trannurs.htm#top>> provides a very comprehensive set of links to web sites with community profiles, including the health of different cultural and religious groups.

Relaxation tapes available in Arabic

Simple medication, relaxation and exercise is the title of a new Arabic relaxation tape available for \$8.00, plus \$2.00 postage and handling, from Auburn Community Health Centre. One side of the tape is suitable for women from the Arabic community, and the other suitable for men. If you'd like a copy, call Agnes Polese on (02) 9646 2233.

Student designs winning anti-smoking message



The winning entry from an art competition for young people, organised by the Health Promotion Service at South East Health as part of World No Tobacco Day activities, was unveiled as a billboard at Hurstville railway station at the end of last year. Designed by a Peakhurst high school student, the billboard has a clear anti-smoking message which appeals to young people.

The competition was developed in consultation with the Chinese Australian Services Society and the Lebanese Community Council of NSW. For more information, contact Monique Davidson on (02) 9382 8124.

Families First in South West Sydney

How can the *Families First* initiative, along with child and family services, ensure that existing services in South West Sydney are appropriate and accessible to multicultural communities? What service models are needed in the future to support families from culturally and linguistically diverse (CALD) communities in this area?

To find the answers, Multicultural Communication undertook the South West Sydney Families First Multicultural Project in 2000, doing a series of consultations with the Arabic, Filipino, Khmer, Samoan, Tongan, Somali and Vietnamese communities in the South Western area. We also consulted both multicultural and generalist staff in services supporting Families First initiatives.

Consultations focused on determining the needs of CALD communities in relation to existing services in the area. We assessed models of service delivery to see if they were appropriate for families from these communities, especially families facing difficulties. We also conducted interviews with parents, mainly mothers of young children, to hear their experiences and discuss their needs and preferences for support services.

It was good to hear participants speaking positively about their experiences of ethno-specific services. Contact with bilingual workers emerged repeatedly as the key to accessing services. In particular, the Ethnic Obstetric Liaison Officer (EOLO) service was singled out for its provision of both support for families, as well as links to other services. There were repeated requests for greater access to EOLO services, and for their outreach services to be extended.

In a further consultation we presented the key findings to targeted service providers and managers, and discussed future service delivery models.

These consultations, together with the literature on service models, provide a basis for identifying priority areas and guiding the development of improved services from CALD communities in South Western Sydney. The report is currently being considered by the South Western Sydney Senior Officers' Group. For more information, contact Deborah Connor of DoCs on (02) 4629 9575.

Child Health Survey in Arabic, Chinese and Vietnamese

Early in 2001, the Epidemiology and Surveillance Branch of NSW Health will conduct the Child Health Survey in Arabic, Chinese and Vietnamese. This survey will be the first Child Health Survey conducted in languages other than English (LOTE). Once again, Multicultural Communication will help with the translation component of the survey questionnaire, and with back-translation meetings with bilingual interviewers.

Update on the Multilingual Information Steering Committee

This committee – known as MISC for short – has been advising Multicultural Communication on the development of multilingual information since 1997. At its last meeting for 2000, MISC members (drawn from a range of health sector staff, including workers from ethnic communities) reviewed the committee's role in light of proposed changes to the languages and topics of the materials which Multicultural Communication produces. It was agreed that MISC would continue to meet bi-monthly, and should maintain its advisory and support role.

It was decided to enhance the working of the committee by:

- ✓ establishing a listserv to enable closer interaction between members
- ✓ inviting health workers from outside MISC to speak on specific issues at future meetings.

Helping older people make a move

Multicultural Communication is to design and implement the multilingual component of Make a Move. This is the first phase of a three year program aiming to increase the number of older people participating in physical activity such as tai chi and gentle exercise, and to reduce the risks of injuries related to falls.

This program, developed in conjunction with the NSW Health Injury Prevention Policy Unit and with Health Promotion Units in the Sydney Metropolitan Area, will include a communication strategy to increase awareness of risk factors related to falls, a physical activity strategy and a research and evaluation component.

Multicultural Communication aims to build on its success with past Physical Activity campaigns for older NESB people by using graduates of a bilingual fitness leaders course (see More bilingual fitness leaders available) to give talks and demonstrate gentle exercise to senior NESB groups. This will run alongside a media and PR campaign.

If you run a group for NESB people over 65 and would like to be involved and kept up to date on the campaign, contact Michael Camit on (02) 9382 7528 or camitm@sesahs.nsw.gov.au

Michael is also doing an audit of existing gentle exercise classes in NSW for older NESB groups – if you know of any groups, please call/email him with the details.

What our health fact sheets said

Date	Title	Subject
December 2000	Helping children maintain a healthy weight	Nutrition
January 2001	What parents should know about bullying	Parenting
February 2001	Caring for babies' teeth	Dental Care

Deadline for next edition: 20th March, 2001

Polyglot is published by the New South Wales Multicultural Health Communication Service. Articles for inclusion can be sent to Cecilia George, NSW MHCS, Sydney Hospital & Sydney Eye Hospital, P.O. Box 1614, Sydney, NSW 2001 fax no. (02) 9382 7517 email: georgec@sesahs.nsw.gov.au.