



Child Protection - New resources in Chinese, Bosnian and Arabic

With the help of material developed for the Hong Kong Social Welfare Department, we have produced a series of leaflets in Chinese on the different forms of child abuse. The leaflets include an explanation of the role of the Department of Community Services, as well as a list of useful organisations in NSW. We have also developed a bookmark in Chinese and English, outlining 12 alternatives to hitting a child. They will be available early in the New Year.

For Bosnian speakers we have developed a joint project with the Bosnian Welfare Centre to provide information about child

protection. As well as a series of articles on the issue to appear in a new Bosnian magazine **Zena 21** over the next 12 months, there will also be an information kit. This will include brochures from the National Association for Prevention of Child Abuse and Neglect (NAPCAN) translated into Bosnian, along with information about how the trauma of pre-migration and settlement can impact on parenting.

For the Arabic speaking community, we are producing a video in Arabic showing community leaders and members of the public in a discussion on the difficulties of parenting in Australia.

We take this opportunity to wish you all Season's Greetings and a happy holiday

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FELLE NATAL
GONTEK NOLLA
VENILE YANSE E
MEI EAI BIMAIA
SHELAG SORJA EHLUE
BI WYEDYN NEWYD IDA
DIXS FISTES
FELIZ NANV IDA E
MERRY CHRISTMAS
VROU UK KUPSTRESE E
BONNE HEURENOCHTES
DIXON NATAL GOTT NYTAR
HGAN YING SHUNG TAN CHEE
WISH YOU A MERRY CHRISTMAS
MOADAN LEMITHA LINSAMUK ALELE
HAINKAA HUI HIA AIB ZAH MOUBAK
KALACHINDIAENA
GINSJELIA VUEIA VUJITA
N PRETTIG KUBS TATS
ROOHESTUOM KRISTUMYIM
FELIC NATAI GOGAN KRISTASKON
S NOV M GODDM FELIZ AND KUPVGO
FENGEL KRIG MEIWEAR SHEI AN HONK
LETHEE JOI NOHEINIZ KUELO OI NOM
KRISTLINIDA HEGZAK KAI A CHRISTI GENA
SALAMAT HARI NATAL LAHININGA KARI MESTI
SUKKLEI AWINGE TTYNINAK
SALIBATORI BERKITE BISON ANNY
ZORKONKO UABEN HIRI TOE SE KODI
BONDI KARA SANNY VESHEI STANKE
MERRY CHRISTMAS AND HAPPY NEW YEAR
PERSONS AID JOULU FELI KUNIG HO GRESG TINS
TIA KES FANJAG EIN GLECKLICHES NEUJAHR
BONNE ANNEHE WYEDYN NEWYD IDA FELIZ NATAL
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A new face at MHCS
Earlier this year Alicia Lai joined us on a university placement from the University of New South Wales. Her work on developing and implementing the Cervical Screening Campaign was her Major Project to complete her Masters Degree in Public Health. She is now temporarily employed by Multicultural Communication to work on the campaign until its completion.



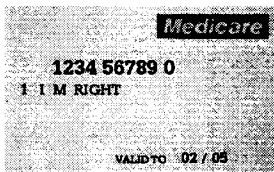
Planning a campaign? We have spare phone lines available

As part of the Cervical Screening Campaign, we established five new phone lines to be answered by a message in one of five languages. We have had to take these phone lines for a full 12 months even though we need them for only part of this time. If anyone needs temporary phone lines for a campaign next year, we may be able to come to some arrangement. Call Ilona Lee on (02)9382 8119.

David Small - thank you

We don't usually comment on individuals serving on our committees, but we want to publicly recognise David Small's contribution on our Management Steering Committee. He worked on this committee during his secondment to the Department of Health as Senior Policy Advisor, Ethnic Health, and was a source of great support and advice. David is now in the Planning Unit at Northern Sydney Area Health Service.

Health Insurance Commission supports Health Column on Medicare



After we decided to produce a column providing information on Medicare to both established migrants and new arrivals, our journalist Paula Goodyer discovered it was impossible to squeeze all the essential facts into the usual 600 words.

At this point we approached the Health Insurance Commission who agreed to help by paying the translation costs for the extra words. In addition, the Commission is paying to have the column translated into additional languages. Thanks to this support, the column, to be published in December, will be available in Arabic, Bosnian, Chinese, Croatian, Greek, Indonesian, Italian, Japanese, Khmer, Korean, Lao, Macedonian, Persian, Portuguese, Punjabi, Russian, Samoan, Serbian, Spanish, Tagalog, Thai, Tongan, Turkish and Vietnamese.

New strategic plan for MHCS

After learning that funding for our Service would continue, Multicultural Communication held a planning workshop in August to develop a new strategic plan. Participants, drawn from people who had been closely involved with the Service for the last three years, pooled their ideas to help formulate a draft plan. This plan is based on the new functions for the Service determined by representatives from NSW Health and from Area Health Promotion and Multicultural Health Services. If you would like a copy, please call Cecilia George on (02)9382 8111. It will also be available on our website in the new year.

New focus for health columns

In the past we have produced 48 columns each year, translated in up to 16 languages. They have been printed in the ethnic press, distributed to health workers and now appear on our website. However, in the light of the Service's new functions and strategic plan, we have decided to print only one column each month.

This decision has also been influenced by the fact that recent surveys on where people acquire health information have confirmed that the press is the least useful means of



communicating about health, whereas health workers, especially GPs, have a very important function. For this reason we will now set up an improved process to target the columns towards topics such as women's health, early childhood and aged care (topics where there are health workers concentrating on particular issues), or on specific conditions which are relevant to GPs.

We have also decided to develop a strategies document on selecting topics and disseminating material. Developing such a document is part of this year's business plan and will be supervised by our newly formed Multilingual Information Steering Committee.

Health on the radio - new project for the Somali Community

Following the success of the Bosnian Radio Health Segments, Multicultural Communication, together with the NSW Refugee Health Service, has begun a similar project to provide basic health information to newly arrived members of the Somali community in NSW.

The Somali Radio Health Segments are scheduled for broadcast in August 2000. For more information contact Marisa Salem, Programs Coordinator, NSW Refugee Health Service (02)9828 6598, or Michael Camit, Communications Officer, Multicultural Communication (02)9382 8138.

Wanted: a new breed of fitness instructor – scholarships on offer



Images of slim, sculpted bodies might sell diet foods - but do they inspire us to climb off the couch and be more active? No, according to Peter McCue, an exercise scientist with Sutherland College of TAFE, whose research shows that many people are more likely to join an exercise class where the instructor looks more like them - a little older and rounder. After all, for anyone who's more at home in a baggy tee shirt than a Nike sports bra, working out with a 20-something fitness leader flashing six pack abdominals can be more intimidating than inspiring.

Feeling self conscious about age or body shape are just two of the obstacles preventing many people from becoming more active and improving their health. Not speaking English is another, adds McCue, who believes we need a new breed of fitness leader to help break down the barriers. This is why TAFE has developed a new course to prepare bilingual people to work as fitness leaders teaching gentle exercise. "Not people who fit the gym instructor stereotype," he says, "but mature, bilingual men and women with whom the people in their classes can relate."

Run for two days a week over a nine-week period, the Bilingual Fitness Leaders' Course is open to anyone who is bilingual and interested in working with groups of people - and there's no fitness test. Course graduates then have the option of training in specific activities such as aquarobics and weight training as well as gentle exercise.



To encourage more bilingual participants, the cost of the TAFE course has been subsidised and the fee reduced to \$105. However, it's free of charge to anyone on a pension (eg Aged Pension, Carer's Pension or Newstart Allowance). The course, which includes theory and first aid, is the first step to becoming a registered fitness leader. Graduates will then need to do the practical component of the course and sit an exam before qualifying. The cost of the practical component and insurance is extra.

Multicultural Communication is offering five scholarships to bilingual people to cover the full cost of qualifying as a Registered Fitness Leader.

The course will be held at a TAFE college that's most convenient for the participants. For more information (including information about the scholarship), contact Pat Walsh on (02)9382 8133, Michael Camit of Multicultural Communication (02)9382 8138, or Peter McCue on (02)9710 5924.

Multilingual Family Help Kit

Produced by NSW Health Department in conjunction with the Transcultural Mental Health Centre, this kit provides information in 15 community languages to help people from culturally diverse backgrounds to understand mental health issues and access services for themselves and their children. It is in print and audio form from the TMHC and on the NSW Health/Multicultural Communication's website in the New Year. The kit will be widely disseminated throughout area health services and other appropriate organisations. Information from the kit will also be broadcast on SBS radio in December. For more information, call (02)9840 3800 or email johns@cu-psych.wsahs.nsw.gov.au

What our health columns said

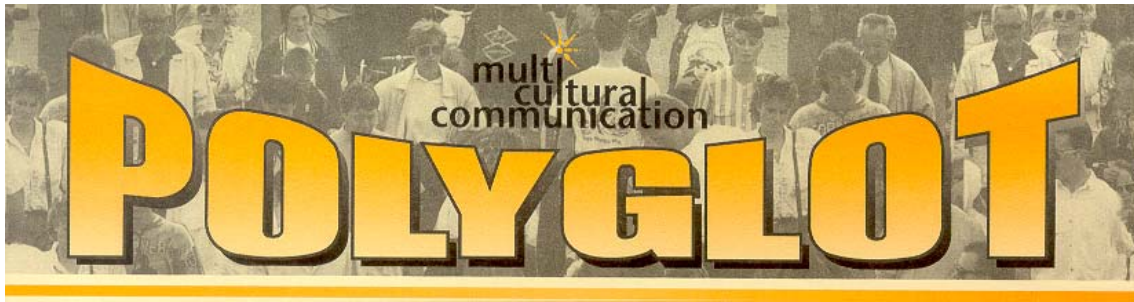
Date	Title	Topic heading
September, 6	Are you at risk from glaucoma?	Eyes
September, 13	Drinking alcohol: how much is healthy?	Alcohol, tobacco & other drugs
September 20	Stress - it affects children too	Mental health/illness
September 27	Keeping your teeth - whatever your age	Dental care
October 4	Asthma and children: a guide to coping	Asthma
October 11	Is there a hidden health hazard in your roof?	Environment
October 18	Information about breast cancer -it's only a phone call away	Cancer
October 25	Settling baby to sleep	Infant health
November 1	Headlice - a problem at any time of the year	Diseases & conditions
November 8,	How thyroid problems can affect your health	Diseases & conditions
November 15	Preventing dog bites	Injury prevention
November 22	Myths and facts-about sexual health	Sexual health

From our library

Everybody's Business. A video with accompanying manual to assist in running workshops on HIV/AIDS is available in Arabic, Bosnian, Chinese, Tetum (East Timorese), English, Spanish and Vietnamese.

Fall Prevention: video in Cantonese and Mandarin, produced by Elderly Service, Australian Chinese Community Association of NSW Inc.





Spring 99

Special Supplement to Vol 3 Issue No. 4

Domestic Violence A List of Multilingual Material

A list of multilingual resources was originally put together in early October this year however, we have since learned that some of the resources have not been reprinted because of budget restraints. To the best of our knowledge, the following information was correct as at 29th November 1999.

Key to abbreviations: Ara=Arabic, Asy=Asyrian, Bos=Bosnian, Chi=Chinese, Eng=English, Far=Farsi & Persian, Gre=Greek, Hin=Hindi, Ind=Indonesian, Ita=Italian, Jap=Japanese, Khm=Khmer, Kur=Kurdish, Lao=Laotian, Mac=Macedonian, Pol=Polish, Por=Portuguese, Rus=Russian, Scc=Serbian, Scr=Croatian, Spa=Spanish, Smo=Samoan, Som=Somali, Tgl=Tagalog, Tha=Thai, Tig=Tigrigna, Tur=Turkish, Vie=Vietnamese

Immigrant Women Speak Out Association. Project against domestic violence. Gives a brief description of resources on domestic violence, printed on a credit card sized card in Amharic, Bos, Ind, Mac, Scc, Smo, Spa, Tgl, Tur and is available from Immigrant Women's Speak Out Assoc. Tel (02)9635 8022.

Domestic Violence: you can live without it. Definitions, myths and facts about domestic violence, as well as information about the 24 hour domestic violence line. A4 three fold pamphlet in Ara, Chi, Lao, Rus, Scc, Smo, Spa, Tgl, Ton, Tur, Vie. Available from NSW Department of Community Services Domestic Violence Line Tel (02)9381 0401

Domestic Violence: we can do something about it. Gives basic information on the following domestic violence issues: where it happens; where to get help; what an Apprehended Violence Order is and how to obtain one; referral services, including women's refuges; where to get help if sexual assault is involved; legal and financial help and counselling. Folded A4 pamphlet available from the Women's Information Service, Department for Women, tel 1800 817 227 in Ara, Chi, Gre, Ita, Khm, Lao, Mac, Por, Scc, Scr, Spa, Tgl, Tha, Tur, Vie.

What can we do? A fact sheet also from the Women's Information Service, tel 1800 817 227. Folded A4 pamphlet available in Ara, Asy, Chi, Gre, Ita, Khm, Lao, Mac, Por, Scr, Spa, Tgl, Tha, Tur, Vie.

The Domestic Violence Advocacy Service. Pamphlet explaining the role of this service. Available in. Ar, Chi, Gre, Ita, Kor, Mac, Pol, Scc, Scr, Spa, Tgl, Vie, from the Domestic Violence Advocacy Service Tel (02)9637 3741 and 1800 810 784.

Taking Orders. Apprehended Violence Orders in NSW. Video and booklet describing the process of taking out AVOs. Currently available only in English, but available in Arabic and Vietnamese early in the New Year. It is produced by the Domestic Violence Advocacy Service . Tel (02)9637 3741 and 1800 810 784.

Domestic Violence and Apprehended Violence Orders. Two separate fact sheets giving basic information on these issues, as well as a list of phone numbers providing recorded messages in ten community languages. Available from local police stations.

Not everyone's nest is safe. Basic information about emergency services for victims of sexual assault and domestic violence in Bos, Far, Hin, Pol, Tgl, on a bookmark which can be folded as a card. Available from the Immigrant Women's Health Service, tel: (02)9726 4044.

The Women's Domestic Violence Court Assistance Scheme is a pamphlet describing the services offered by this scheme in Ara, Chi, Gre, Ita, Spa, Tgl, Vie. A poster advertising the scheme is printed in Ara, Chi, Gre, Ita, Rus, Scc, Spa, Tgl, Tha, Tur, Vie. Both available from the Legal Aid Commission (02)9219 5792.

Domestic Violence, We can all do something about it! A leaflet produced by the Office of the Status of Women and is available on the internet at www.dpmc.gov.au/news in Ara, Bos, Chi, Eng, Far, Gre, Ita, Jap, Khm, Kur, Mac, Por, Rus, Scc, Scr, Spa, Tgl, Tha, Tig, Vie.

Bookmarks, pamphlets and fridge magnets with basic information on domestic violence and where to get emergency help available in Ara, Chi, Ton, Vie from Central Sydney Area Health Service, tel: (02)9515 3272, and from South Western Sydney Area Health Service, tel (02)9780 2796.

Resources from the NSW Police Service.

Recorded telephone information. Available in the following languages:

Arabic	1800 802 983 (Toll free) 9211 0169 (Sydney Area),
Croatian	1800 803 045 (Toll free) 9211 0187 (Sydney Area),
English	1800 802 979 (Toll free) 9211 0162 (Sydney Area),
Greek	1800 802 981 (Toll free) 9211 0165 (Sydney Area),
Italian	1800 802 982 (Toll free) 9211 0167 (Sydney Area),
Mandarin	1800 802 980 (Toll free) 9211 0163 (Sydney Area),
Serbian	1800 803 042 (Toll free) 9211 0179 (Sydney Area),
Spanish	1800 803 039 (Toll free) 9211 0171 (Sydney Area),
Turkish	1800 803 040 (Toll free)
Vietnamese	1800 803 041 (Toll free) 9211 0174 (Sydney Area),

Information on domestic violence is also available on the NSW Police Service Website at www.police.nsw.gov.au (click on **Prevention** and then on **Domestic Violence**).

Information on key services mainly for the municipalities of Rockdale, Kogarah and Hurstville printed on business size cards "*Violence hurts the whole family*". Are available from Rockdale Community Health Centre 9597 2644 in Ara, Bos, Chi, Eng, Mac and Spa.