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Introduction of New Worker

Hi, I am Namam. It is a pleasure to be one of PEACE's team members after spending some time as a volunteer with PEACE. I am currently studying a Diploma of Counselling and Certificate IV in Community Services. I have experience in Community Health Services and have worked in the community services sector for over 10 years in Iraq with local and international NGOs in Community Development and Gender-Based Violence Programs, with different people from diverse ethnicities, cultures, backgrounds and religions.

It has always been my dream to apply my experience and knowledge in the field of community services in a developed country and to gain more experience and explore other opportunities, help people who are in need. I am excited to be part of PEACE and it is the new starting point for me towards achieving my goals and objectives.

I believe in the famous Chinese proverb:

*The
journey of
one thousand
miles begins
with one step*





World AIDS Day

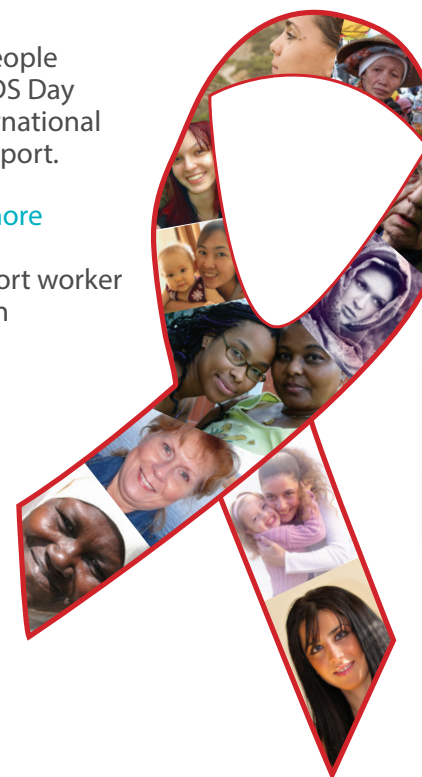
PEACE Multicultural Services and HIV Women's Project (Women's Health Statewide), co-hosted World AIDS Day 2013 on the 28th of November 2014. World AIDS Day is one of the most globally recognised events of the year. It raises awareness across the world and in the community about the issues surrounding HIV/AIDS. It is a day for people to show their support for people living with HIV and to commemorate people who have lost their lives as a result. It is also an event that aims to encourage all Australians to be aware of HIV/AIDS; to take action to reduce the transmission of HIV by promoting safe sex practices; and to ensure that people living with HIV/AIDS can participate fully in the life of the community, free from stigma and discrimination.

The global theme for World AIDS Day 2013 was 'Getting to Zero: Zero new HIV infections. Zero discrimination. Zero AIDS related deaths'. As well as promoting the global theme, Getting to Zero, World AIDS Day 2013 (in Australia), promoted the upcoming International AIDS Conference to be held in Melbourne in July 2014. This event is expected to be the largest health conference ever held in Australia and gives Australian organisations and workers the opportunity to highlight their successes and learning in relation to HIV prevention, support and treatment. Our next newsletter will include an update of what happened at this conference.

As a community and as individuals, there is a lot we can do in relation to HIV/AIDS. Working in partnership with people living with HIV/AIDS, we can encourage others to learn more about the virus, to ensure that everyone has accurate information. We can support people to access testing and treatment, as we know that getting treatment at the early stages of infection results in better health outcomes. And most importantly, we can make a stand against stigma and discrimination, and ensure that people living with HIV/AIDS are supported by, and remain connected to the community, so that they can lead meaningful and happy lives.

You can show your support for people living with HIV/AIDS on World AIDS Day by wearing a red ribbon, the international symbol of HIV awareness and support.

If you are interested in learning more about HIV/AIDS please contact:
Laura Adzanku, community support worker at PEACE Multicultural Services on (08) 8245 8100 or l.adzanku@rasa.org.au



Why testing for HIV is important

HIV exists in Australia and is alive and well. Each year Australia, including South Australia, record new diagnoses of HIV.

Testing for HIV is important for many very good reasons. Please familiarise yourself and your family and friends with these reasons, and ask us if you need any further information about any of them.

1. The HIV test that the Australian government require migrants and refugees to do before migration is not an indication that the person should not worry about further testing.
2. People travel more than ever all around the globe including to countries where there are high rates of HIV/AIDS. Traveling to those countries without planning for our safety can increase our chances of infection. This is evident through the number of HIV diagnoses that are related to travel each year.
3. Many people underestimate the risk of HIV infection that they were exposed to in life, even if it was only once. Many may have HIV without experiencing any specific symptoms.

4. Early detection of HIV means easier treatment and management of the virus. Living with HIV does not mean life is over and that death is imminent.
5. In Australia, people who are diagnosed with HIV have access to a very effective treatment and many support services to help people live and lead a very healthy and meaningful life, including creating a family.
6. HIV does not only spread through unsafe sex (sex without a condom), but also through blood-to-blood contact, through using unsterilized medical equipment (having dental and medical procedures in other countries), needles and injecting equipment, and mother to baby. Therefore, everyone should have a HIV test and know how to protect themselves.

We understand how testing for HIV might seem stressful and scary, but in reality it is not because it is a simple blood test and you have access to a lot of support to help you understand the test and what it means to you.. All it takes is going to your doctor or a sexual health clinic like Clinic 275 (275 North Terrace, Adelaide City or 16 Playford Boulevard, Elizabeth) and asking for a simple HIV blood test. You do not need to even give them your real name, but you need to give them a current and correct telephone number to allow them to contact you and organise an appointment to get the results back. The doctor's surgery or sexual health clinic will then notify you of your results and organise a follow up appointment if your test results show that you have HIV. You will then be linked to other services that will provide you with support and information. All of the information you provide the doctor or nurse is kept private. If you are unsure of where to go or feel like you need some more information or support, you can contact:

PEACE Multicultural Services

49a Orsmond Street, Hindmarsh
T: (08) 8245 8100
E: a.varasteh@rasa.org.au

Clinic 275

275 North Terrace, Adelaide
16 Playford Boulevard, Elizabeth
T: (08) 8222 5075
Toll Free: 1800 806 490
E: STD.Services@health.sa.gov.au

V-Day Great Debate

V-Day 'ONE BILLION RISING FOR JUSTICE' is a global call to women survivors of violence and those who love them to collectively gather outside places where they are entitled to justice – courthouses, police stations, government offices, school administration buildings, work places, sites of environmental injustice, military courts, embassies, places of worship and homes, where women deserve to feel safe, but too often do not. It is a call to survivors to break the silence and share their stories – politically, spiritually and outrageously – through art, dance, marches, ritual, song, spoken word, testimonies and whatever way feels 'right'.

On the 21st of February, in support of the 'V-Day One Billion Rising Campaign' to end Gendered Violence around the world, the Statewide CALD Domestic Violence Service and PEACE Multicultural Services invited community members and colleagues to explore the question of whether "Men Hold the Power in Families" through a debate.

We were very fortunate to have 8 members of various communities and cultural backgrounds who examined the above question from diverse attitudes and angles in a very open and holistic way. Some of the debaters expressed that:

- ▶ "Both men and women have equal power in relationships, they just hold this power in different ways"
- ▶ "Men hold the power in society, therefore they hold the power in relationships"
- ▶ "White men are the most privileged within society"
- ▶ "Men may be seen as the 'head' of the family, but it is women who have the most influence over the children and the decisions made about money"
- ▶ "Because men are more economically privileged, they have more power in deciding what happens in the family, and women can be more dependent on them for survival"
- ▶ "Every family is different and power is held in different ways, in different contexts"

In the end, there were no winners, because each speaker had valid points and knowledge to share. Those who attended the event expressed how interesting it had been to listen to such wonderful speakers who brought to light many issues and challenges around gender equality, and power structures in families and dominance. It was a fantastic event ending with lunch together and continuing discussions and debates about the many 'grey' areas around gender constructions, and the roles of each family member within the family unit.

Thank you to those who participated and attended, we look forward to another fantastic V-Day One Billion Rising Event in 2015!



There is always a way out when gambling is causing you troubles...

Talk to us!



Contact the team at PEACE Multicultural Services on 8245 8100. Our services are free and confidential. We are located at 49a Orsmund Street Hindmarsh SA 5007

Multicultural Youth Drive

What is the Multicultural Youth Drive?

The Multicultural Youth Drive (MYD) is a new and exciting initiative working with young people from diverse ethnic backgrounds who are interested in the performing arts - singing, dancing and acting, and learning more about health and wellbeing. The MYD encourages young people to nurture their talents and advance their passions, while also providing positive health information around topics that many people do not feel comfortable talking about, such as sex, STIs, gambling, drug and alcohol use, racism, peer pressure, violence, fighting with parents, etc. The MYD is also an incorporated body and has an executive committee made up of diverse youth from Kurdish, South Sudanese, Ethiopian and Nepalese backgrounds, who provide creative direction and inspiration.

What is the aim of the Multicultural Youth Drive?

The MYD provides a safe space, support and empowers young people to connect with each other and talk about issues that affect their lives. Youth are encouraged to share their own personal experiences and knowledge to create a rich and diverse learning environment for everyone involved. Most importantly to create a pathway for young people to positively contribute to the South Australian society

What has the Multicultural Youth Drive achieved so far?

The MYD has worked in collaboration with culturally diverse and talented choreographers, dancers and music producers, who have all been great mentors to the youth involved. To date, the MYD has written and produced three songs about stigma and discrimination, HIV, STIs, safe sex and mental health. They are currently working in partnership with Findon High School on a dancing and choreography project, where participants are learning about different styles of dance – traditional tribal dance, break dancing, hip-hop and salsa.



How do you get involved?

If you're a young person between the ages of 13 – 28 years old, come from an ethnic background, and are interested in the performing arts, or would like a copy of any of the works produced, contact Awit Kuac on a.kuac@rasa.org.au or Sharna Ciotti on s.ciotti@rasa.org.au or (08) 8245 8100 to register your interest.



The South Australian African Communities Health Advisory Committee (SAACHAC)

For many years, gay males and men who have sex with men have been known to be the most vulnerable for HIV infections, and they continue to be so. However, from 2008 to 2012 HIV notifications among culturally and linguistically diverse (CALD) populations accounted for approximately 42% to 51% within South Australia; with the majority of these individuals reporting as heterosexual. Leaders of the African Communities in South Australia have accepted our invitation to form an advisory committee made of diverse ethnicities, languages, careers, genders, ages and networks. This very dynamic committee is now the advisory group not only for PEACE Multicultural Services, but for the sexual health and hepatitis sectors. They have already advised PEACE on our annual plan activities, provided consultancy to the management of Clinic 275, written articles, advocated for specific research to understand the shame and stigma experienced by people living with HIV, and submitted an abstract to the international conference on HIV to be held in Victoria this July. The group is a true example to other CALD communities of inspirational leadership and advocacy for a taboo, but extremely important issue. Their dedication and collaboration is very much appreciated by PEACE and Relationships Australia (SA). We would like to extend a huge THANK YOU to the members of SAACHAC for your commitment and hard work!

Sexual Health from a young person and workers' perspective

Sex (especially outside of marriage) can be a taboo and sensitive topic for many different communities. Many youth particularly feel uncomfortable talking about sex with others (especially family members and elders) and more importantly, are fearful of their parents' reactions. The last thing they want is for those closest to them thinking that they are 'misbehaving' or disrespecting their family and cultural values. There is also the fear of friends and peers gossiping and creating a bad reputation for them within the community. This means that many young people do not have anyone to talk to about sex, putting them in a position where they may feel confused and isolated, and leaving them without important knowledge and skills to keep themselves safe and healthy. In addition, many parents do not recommend their children to participate in sexual health education because they believe it encourages them to be sexually active.

It is hugely important for youth of all cultures and backgrounds to have accurate and detailed sexual health education, to ensure that they have the tools to make healthy and informed decisions. Without this awareness and knowledge, young people can be significantly disadvantaged and put in a position where they are at risk of engaging in unsafe sex practices, leading to unwanted pregnancies and/or sexually transmissible infections (STIs).

PEACE Multicultural Services aims to support and educate youth who may not have anyone to talk to about sex and sexual health, and to help them to access services that will ensure that they have the correct knowledge and information to stay healthy and well. We also work with parents, relatives, community leaders and elders, where we collectively problem-solve and create ways in which sexual health can be discussed with young people within their families and/or communities.

If you would like to know more, please contact CeCe Braima or Awit Kuac on (08) 8245 8100 or c.braima@rasa.org.au; a.kuac@rasa.org.au. Everything you share with us is kept private (we do not gossip) and we will ensure that you feel safe and comfortable.



African Youth Service Development Project

These days most young people own smart phones and tablets. This means that they have constant access to the internet and online games. These online games use fake money, rewards, interesting and fun scenarios, and social networks to promote gambling-like behaviours. What starts off as fun and games can lead to real gambling addiction, including withdrawal, isolation, debt and relationship breakdown. Vulnerable young people, particularly those who arrived as refugees and have had the experience of social barriers such as intergenerational conflict and racism, are indeed at risk of developing such gambling problems.

In response to this issue, PEACE Multicultural Services has developed an African youth service development project that focuses on understanding the young African people's personal experiences and attitudes towards gaming and gambling, as well as their ideas on what should be done to address these issues. Multiple focus group discussions and one-on-one interviews with recruited African youth were conducted for us to explore the issue in-depth. Not only are we grateful for their generosity and contributions, we are also delighted about their interest and enthusiasm to learn more about the topic. Many participants told us that they were very happy to participate, as this has increased their awareness of an issue that they never thought about - "a possible link between gaming and problem gambling".

PEACE will indeed provide those young people with a voice to influence the gambling support services and educate their family, friends and the wider community. Stay tuned to find out more about the findings of this project...

For further information please contact Enaam Oudih on (08) 8245 8100

The Consumer Voice Program of Relationships Australia (SA) raises community awareness about problem gambling

Many dedicated people from all walks of life have put their hands up to turn a dark period in their lives into a positive contribution to society, by increasing awareness and helping others affected by problem gambling. These individuals are trained and supported to share their personal stories on how problem gambling has affected them and how they dealt with it, at community functions, gaming venues, staff meetings, or client support groups. Having a speaker talk at your function, event or gathering has many benefits including:

- Allowing participants to walk in the speaker's shoes and gain a greater understanding of the devastating effects of problem gambling on them and their families.
- Inspiring and giving hope to others grappling with their own gambling difficulties.
- Challenging the silence and stigma about problem gambling in our own communities and neighbourhoods.

Members of Consumer Voice can also provide support to other people affected by problem gambling. They create a safe place for them to realise that they are not alone and that there is always hope to turn their life in a more meaningful direction. Another crucial role Consumer Voice plays is the support and consultancy consumers can provide to other workers and agencies who want to improve their services to reach out to people affected by problem gambling.

To book or enquire about a Consumer Voice speaker or services you can contact :

Diana O'Neil, Consumer Voice Coordinator
email: d.o'neil@rasa.org.au or phone: (08) 8245 8100



PEACE provides information, training and support services to individuals, families and communities.

General Enquiries: (08) 8245 8100

Manager: Enaam Oudih – e.oudih@rasa.org.au

Team Leader: Sharna Ciotti - s.ciotti@rasa.org.au

Family relationships information and counselling services

Fattaneh Scott - f.scott@rasa.org.au

Buol G. A. Juuk – b.juuk@rasa.org.au

Individual/family support

Sharna Ciotti – s.ciotti@rasa.org.au

Namam Salih - n.salih@rasa.org.au

Support Service Programs and Projects related to Hepatitis B & C, HIV, Sexually transmitted Infections, and gambling related problems

Buol G. A. Juuk – b.juuk@rasa.org.au

Laura Adzanku - l.adzanku@rasa.org.au

Anisa Varasteh - a.varasteh@rasa.org.au

Sharna Ciotti - s.ciotti@rasa.org.au

CeCe Braima - c.braima@rasa.org.au

Awit Kuac - a.kuac@rasa.org.au

Namam Salih - n.salih@rasa.org.au

Community Support Volunteers

Many volunteer support workers covering more than thirty different language and cultural groups are also available.

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

Hindmarsh

49a Orsmond Street, Hindmarsh SA 5007

Phone: (08) 8245 8100

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

Adelaide

161 Frome 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

HIV Support Services

Positive Life SA

16 Malwa Street, Glandore SA 5037

Phone: (08) 8293 3700

Help Available: Health promotion services, short term support

MOSAIC Services

49a Orsmond St, Hindmarsh SA 5007

Phone: (08) 8245 8100

Help Available: Health promotion services, short term support, education, Counseling and case management

HIV Women's Program (of Women's Health Statewide)

64 Pennington Terrace, North Adelaide SA 5006

Phone: (08) 8239 9600

Help Available: Counselling, medical services

Viral Hepatitis Support Services

Hepatitis SA

3 Hackney Road, Hackney SA 5069

Phone: (08) 8362 8443

MOSAIC Services

49a Orsmond St, Hindmarsh SA 5007

Phone: (08) 8245 8100

Help Available: Health promotion services, short term support, education, Counseling and case management

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

Pokies Anonymous

Bowden Brompton Community Centre

19 Green St, Brompton SA 5007

Phone: (08) 8340 4262

Help Available: Group meetings

Cambodian Community Gambling Help Services- Angicare 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