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Prevalence studies reveal that around 68% of South Australians participate in some form of gambling (South Australian Prevalence Survey). Australians spend more money on gambling than any other country and rank number six in the world in terms of overall gambling losses. The majority of these gambling losses come from poker machines. The Australian Government's Problem Gambling website estimates that up to 500,000 Australians are at risk of becoming, or are, problem gamblers.

Research tells us that in most CALD communities, seeking help outside of one's family is considered to be an expression of the family's weakness in addressing problems internally and an indication of failure.

PEACE Multicultural Services is actively involved in providing services to address problem gambling. In collaboration with the Office for Problem Gambling, the first Culturally and Linguistically Diverse Gambling Help Action Plan 2015 was launched on 1 October 2015. It followed extensive consultation with over 20 different communities. The action plan highlights the need to address stigma associated with gambling problems and seeking help.

In addition, the PEACE Community Ambassadors, which is part of the CALD Gambling Help Action Plan, aims to recruit 20 community ambassadors. These ambassadors will be trained to ensure that CALD communities have access to information and support services related to gambling problems.

The selected candidates will be well connected with their own communities, passionate about working for and with their communities, and are interested in learning about the issues associated with problem gambling. Community Ambassadors will become a resource for their communities and act as a liaison between service providers and their respective communities. With the support of PEACE and other gambling help services, they will facilitate the delivery of information and promote continual dialogue around gambling problems in their respective communities.

The Community Ambassadors will assist PEACE Multicultural Services in developing culturally appropriate resources, and this includes the development of a CALD-specific gambling-help website.



Who is new at PEACE



Welcome back Anisa Varasteh!

Anisa was part of the PEACE team as a Counsellor and Community Coordinator for two years before moving to Germany in 2015. In Germany, she furthered her studies in Gender and Diversity and Mindfulness therapy and worked as a volunteer to support refugees and asylum seekers.

Anisa is excited to be back with the PEACE team and to use her skills in her counselling sessions as well as providing education and working alongside different communities.



Memoona Rafique

Hi, I'm Memoona. I've recently joined PEACE Multicultural Services as Community Services Liaison Officer and I am currently looking after the PEACE Community Ambassadors project and doing what I love to do!

I was raised in a small green hilly town situated in the northern regions of Pakistan where my father had relocated to in order to pursue his career as an educationalist. I was fortunate to receive my education at some of Pakistan's leading educational institutes. I hold a Master's Degree in Clinical Psychology and have also studied Project Management.

I worked for the United Nations for over 7 years in agencies such as UN World Food Program, UN Development Program and UNICEF. It has been an enriching career and the journey has enlightened me with much learning, resilience and positivity. More recently, I bid farewell to the glamorous life of being an International Civil Servant and moved to Australia.

Community Services is my passion, Psychology my interest and Project Management my skill. I believe that I am with the right team and am able to use all these abilities, and continue to be challenged.

I received the Governor's Award for my contribution in the Aged Rights Advocacy sector and have recently graduated from Multicultural SA Women's Leadership Course – an achievement of which I am very proud!

I have been married for 10 years; we have two beautiful children who make life a bit more colourful, a bit more adventurous and a bit more meaningful.



Shahla Rostami

I was born and brought up in Tehran, Iran. I completed my Master's degree in Industrial Management and since 1986 have worked in many different countries and have considerable experience as an interpreter and translator. In 2013 I migrated to Australia with my family.

In Australia, I have completed a Women's Leadership Course which has helped me combine my past experiences and channel them for the benefit of my community. As a consequence, I have founded a new organisation the Iranian Women's Organisation SA to help the women of my community.

Since January 2016 I have worked with PEACE Multicultural Services as a Community Liaison Officer and support the Iranian communities of South Australia.



Vivek Mohan

My name is Vivek Mohan. It is a privilege to be a part of this wonderful team. I joined the PEACE team as the South Asian Community Liaison Officer and Counsellor/Case Manager. I was born and raised in India where I lived till 2005. My educational background is in Psychology, Law and Counselling.

I spent most of my working life in the finance and insurance industry. Throughout my career, I have worked with many multinational companies in a customer facing environment. I am well connected with the community at a grass roots level and love to work with the community to help resolve issues. Currently I am serving in multiple roles as the Assistant Secretary of Indian Australian Association of SA, Multicultural Ambassador for AFL, and as a Community Organisations Mentor with Volunteering SA and I am also associated with Multicultural Communities Australia (a not-for-profit organisation). I work closely with many South Asian communities like Nepal, Bhutan, Sri Lanka, Pakistan and others. Since I joined RASA, everyone I met, has been so welcoming, generous, helpful and engaging in learning and development. I believe, through RASA, I will have the chance to be more involved in community focused development programs and services.



Mark Gaye

My name Mark Gaye and since joining the team at PEACE I have been shown nothing but kindness and warmth. I feel very honoured to be a part of the PEACE team as a youth worker.

I am of Liberian heritage, was born In Sierra Leone, migrated and grew up in Guinea and matured in Australia. I grew up in a family that was involved in the helping profession so I have been positively influenced. I am passionate helping my community. This passion led me to my recent completion of a Double Degree in Social Work and International Relations and grew my interest in international affairs and fostered an underling curiosity to explore how human complexity is dictated by cultural and environmental realities.

I spend most of my free time staying involved with various sports. I am a football (soccer) fanatic and I also enjoy the arts, especially music and dance. Dance has played a very important part in my youth work journey. It has been the catalysis for many of my current relationships both with different individuals and communities. With this being my first human service role after my completion of university, I aim to use my energy and playfulness to creatively advocate for young people. My experiences as a young person and a dancer has motivated me to use my current role to advocate to the wider community that young people are always speaking and expressing themselves but sometimes it takes more attentiveness to recognise what they say.

On placement at PEACE



Hi, my name is Vesna Necmeskal and I am a student of Masters of Social Work from Griffith University. I have the great pleasure of completing my second placement at PEACE Multicultural services. In the past two months I have been working with, and learning from a great team of people within the PEACE service as well as with the wonderful team at RASA Marion Office.

Coming from a counselling and case management background, the placement within the PEACE service has provided me with extensive knowledge of blood borne viruses as well as culturally appropriate therapeutic practices for clients from CALD backgrounds.

World AIDS Awareness Week Celebrations

November 2015 was a focused and impactful month for PEACE Multicultural Services. A series of events was held to commemorate the annual World AIDS Awareness Week. The activities focused on addressing the stigma and discrimination that is often associated with HIV. PEACE was privileged to host Dr Lydia Mungherera, who is not only an international HIV expert and medical doctor from Uganda, but is also a woman living with HIV. Dr Mungherera's inspirational personal story offers a beacon of light to people living with HIV.

The local African community welcomed Dr Mungherera; and she said that she immediately felt at home on her arrival in Adelaide. Community leaders hosted her in their homes to demonstrate to the wider community that it is safe to live in close contact, with someone living with HIV.

Dr Mungherera shared her story with diverse audiences at various forums including;

1. 'Nothing About Us, Without Us' a public forum hosted by Ms Dorinda Hafner. Dr Lydia Mungherera addressed over 170 people from various communities and professional backgrounds to emphasise the importance of adopting a collaborative approach in the fight against stigma and discrimination related to HIV/AIDS. The central theme of the presentation and discussion focused on translating health knowledge into healthcare practice. Dr Mungherera's openness in sharing her story created a safe space for the participants and encouraged them to talk freely about their own circumstance.
2. Dr Mungherera visited the homes of people living with HIV to inspire them to live their lives after diagnosis. As a result of Dr Mungherera's visits, two women are now interested in taking up an advocacy role in SA and currently PEACE is working very closely with them to further develop their skills and create support structures around them to begin the journey of becoming peer supporters and advocates for people living with HIV.





3. Dr Mungherea met with leaders from the African community who are members of the South Australian African Communities Health Advisory Committee (SAACHAC) and explored the roles that community leaders can play in addressing stigma and discrimination and in encouraging HIV testing. Dr Mungherera emphasised that most HIV transmission happens because people are unaware of their HIV status; she stated “knowing your HIV status makes you a free person”.
4. Dr Mungherea facilitated a lunch-time discussion organised by the HIV Women’s Program and PEACE, for culturally and linguistically diverse women representing over 20 different cultural groups. At this session, her story shed light on various aspects of HIV/AIDS and the contribution of gender based violence to the HIV/AIDS situation. The role of both men and women in addressing gender based violence was highlighted.
5. Dr Mungherera facilitated a Saturday discussion with members of the various African communities where she deliberated on how the community can work together to shift negative stereotypes and create an environment where people can live happily regardless of their status. In this informal setting, the 35 participants watched a video of her work with Mama’s club in Uganda. This generated conversations around HIV, stigma and discrimination and how to empower women in particular.
6. Dr Mungherera facilitated a training session for workers who primarily deal with highly stigmatised topics. The workshop provided an opportunity for the 65 participants to learn about stigma and discrimination from culturally diverse viewpoints. The key learning focused on how to promote meaningful practice that helps empower individuals to take charge of their lives.
7. Dr Mungherera was also interviewed by Radio Adelaide.

Dr Mungherera’s story highlighted the many challenges that living with HIV presents and also gave hope to people living with HIV of still being able to live positive lives. She urged community members and service providers to adopt a collaborative approach and take collective action in addressing HIV and HIV related stigma and discrimination.



Friendship Cup 2016

The inaugural Friendship Cup was between members of the Indian and Pakistani communities at Kilburn Oval in 2015. Due to its success, the 2016 event was expanded to include cricket matches between other South Asian communities, international students and teams from the Australian Army and the South Australian Police.

For the PEACE Multicultural Services team it was an exciting opportunity to engage with members of broader South Asian communities. The Friendship Cup helps to raise awareness about the services that PEACE provides to members of the CALD community.

The PEACE team was delighted to engage with hundreds of people who attended the event. As well as the cricket games being played, community members enjoyed a number of fun activities organised and run by the PEACE team and were able to engage in meaningful conversations about issues affecting them and their community. The PEACE team appreciated the positive feedback that they received. The PEACE team also conducted a detailed survey to help them better understand the issues experienced by the South Asian community.

Indian Mela 2016

The Indian Mela is the largest and the oldest Indian cultural event in Adelaide, and this year attracted more than 8000 people. 2016 saw the PEACE Multicultural Team participate in this event for the first time. They used the event to reach out to the wider Indian community and make them aware of the services that are on offer. The innovative Your Wellbeing Passport developed by RASA was used to engage with festival-goers and was well-received and a great way to showcase the variety of services, support and education that is available. The PEACE booth was visited by the Honourable Russell Wortley MLC. Mr. Wortley praised PEACE for the initiative it is taking to address multiple issues in culturally and linguistically diverse communities. This was the first time that a non-government organisation has participated in an Indian community event. The presence of PEACE sent a strong and positive message to the Indian community that help is available to them in times of need.



International Women's Day



PEACE
Multicultural
Services

Relationships Australia.
SOUTH AUSTRALIA

PEACE Multicultural Services is provided by Relationships Australia South Australia Ltd and SA Health has contributed funds towards this program

International Women's Day Celebration

International Women's Day is celebrated globally on March 8.

This year, the PEACE team hosted an event to celebrate and 70 women from many culturally and linguistically diverse communities came together to mark the day. The audience watched a video of Dr Lydia Mungherera's speech on people living with HIV/AIDS overcoming stigma and discrimination and Enaam Oudih, the Practice Manager – Multicultural Services spoke about gender parity among men and women.

The guiding thought of the day was a quote by Persian poet, Rumi "Yesterday I was clever so I wanted to change the world; today I am wise, so I am changing myself"



A powerful Poem written by a refugee

Australia The Land Of Wishes

Australia the land of wishes, that was what I was looking for, since learning which is left and which is right hand; I'm packing all my life, all memories, all my pain, all my happiness into one small backpack.

Left hand carrying the bag, right hand holding my son through the long nights, fifteen long days and nights - as long as you can imagine!

Sixty five people on a piece of timber, young ones sitting in the open getting darker skin from sun exposure. Older ones and families sitting inside breathing smoke from the engine. That was a different experience.

Crying, screaming, and praying to be saved. My son was on my chest all the time. It was scary. I was hugging him wondering if I was a bad person in my past and deserved to die, would I be saved because of my son!

Hey son God will give you one more chance to live! With desperate hope on my God we arrive!

That is land – beautiful, magical, green, fresh, natural, is this Australia?

No, this is the land of wishes. Left hand past, right hand future, left hand experience, right hand faith in God. Oh my son you've arrived! Look at your feet feeling the sand, different colour, beautiful, powerful with positive energy.

Hey are you sure this is your heaven? Are you sure you were looking for this? Are you sure?

Is this the foundation of your happiness? Oh my God! I remember something; I forgot to ask one question. Is that the smell of your dream farm?

I don't know. I should get help. I should ask someone. How? No one knows my language. No one knows what you're looking for but be honest the necessary question is your question.

I ask myself, are you sure about putting your whole life and your son on the right foot?

Oh we need a shower, I seriously need a shower, a shower for what?

To wash my body? Or to clean myself of my blind beliefs?

Wow! Is that possible?

Will anyone kill me? Will anyone judge me? Will anyone call me names? Oh that would be painful.

In all my 36 years of life I've never held my father's hand, he never took me to a park or a cinema or a swimming pool but I hope my choice was the best for my son.

Today God has given me an opportunity to think about myself... Wow, I never could think of doing this before. I never could even dream of such a thing.

But, please, please, please God, if this is a dream, let me sleep forever. Don't wake me up. Today is that moment that I have been hoping for.

Everyone is asking you, my dear, what do you want? What would you like? What is your favourite food, colour, clothes...? I can feel all of creation in this universe, holding each other's hand to make everything possible for you.

My dear, today you have a choice...to live for people's judgments or start trying to live differently, for yourself, not caring about other's words or innuendos. Save your time, don't read between the lines...

This is your time now. Tell me my dear, don't be shy, tell your new country what you want, anything you would like. Just ask... This is funny, after much thinking; this is my first request... May I have a hug? I need a hug, yes my dear, I would love to hug you, my tiny green tree!

Volunteer Program

I know only I can be your witness to tell Australia that you had a full time job in your whole past, and that you were living, thinking, doing and pleasing everyone even God, excepting yourself.

Hey Australia, you are my land, my hope, I want some tools to show you my wood work to tell you I'm coming to help build my new country.

As soon as I open my eyes, I can see my God's power in you, everywhere I turn my head; I can feel I am close to my God. Please be kind to me and respect my beliefs.

This is my belief: everyone is a piece of the same God and no one is allowed to judge, feel sorry for and control each other. We must wash our eyes. We must look in a different way.

Open the windows of our heart. Invite happiness. Spread this message every morning to everyone; to your friends and enemies. Live and let people live. This is the first and last law in my land because Australia is the land of everyone's wishes.

PEACE Multicultural Services values its volunteers, their contribution and commitment to making a positive difference to the community. PEACE aims to provide volunteers with a warm, friendly and professional atmosphere, and offer educational and learning opportunities. Through our volunteer program, we aspire to provide volunteers with hands on experience in a supportive environment with people who share a mutual passion for social justice and equity

PEACE Multicultural Services welcomed seven new volunteers to the PEACE team. Our volunteers have helped PEACE established networks and relationships with community members, help connect PEACE Multicultural Services to new and emerging communities, and have supported PEACE in health promotion activities and information. PEACE would like to sincerely thank our volunteers for their contributions.



Multicultural Youth Drive Competition

Safe and Respectful Relationships

The Multicultural Youth Drive (MYD), which is a youth-led committee supported by PEACE Multicultural Services launched a short film competition in November 2015.

The competition provided young people aged 18-30 from CALD backgrounds the opportunity to be creative while promoting positive messages about safe and respectful relationships. All entries were limited to ten minutes in length and had to be appropriate for all age groups.

The PEACE team were delighted with the number and quality of the entries. The 3 final winners received cash prizes with \$500 awarded to the first prize winner, \$250 to second place & \$100 to third place. The winning entries reflected not only their creativity but also the passion the young people held in genuinely making a difference within their communities. They demonstrated this by focusing on issues that have particular resonance to culturally and linguistically diverse youth.

Please join us in celebrating the work of these talented young people at a screening of the winning films on Friday 17 June 2016 from 5.30pm at the Australian Institute of Social Relations.

PEACE
Multicultural
Services

Relationships Australia
SOUTH AUSTRALIA

The Multicultural Youth Drive (MYD) presents the official launch and screening of

Safe and Respectful Relationships

competition films

PEACE Multicultural Services of Relationships Australia South Australia warmly invites you to the official launch and exclusive viewing of three winning and locally made short films titled:

- 'The Safe Sex Social Experiment'
- 'Can't Ignore Me'
- 'No Where.'

The Safe Sex Social Experiment addresses the importance of adopting safe and respectful sexual behaviours.

Can't Ignore Me is a music video that shares the journey of an individual's journey to self-discovery.

No Where explores the impact of forced marriages on young people.

Please join us in celebrating the wonderful works of these talented young people who are passionate about bringing change within our communities.

Date: Friday, 17 June 2016
Time: 5.30pm - 7.30pm
Venue: Relationships Australia SA
49a Orsmond Road, Hindmarsh 5007

For catering purposes kindly RSVP by following the link below or email CeCe at c.hylton-dei@rasa.org.au

We look forward to seeing you there!

Booking: <https://www.trybooking.com/LHJU>

PEACE Multicultural Services is a service of Relationships Australia South Australia Ltd. SA Health has contributed funds towards this resource

Games for Change Night

Playing games to raise awareness

Research suggests that the majority of young people participate in gambling at some point in their youth, and for some this behaviour can contribute to continuing patterns of risky and even harmful gambling behaviour being carried into adulthood (Delfabbro 2013). Gambling is one of the most common types of risk-taking behaviours for young people (Delfabbro, 2013)

PEACE will be hosting "Game 4 Change Night" which will be part of the Responsible Gambling Awareness Week 2016. It will be a great opportunity for young people (aged 15 to 30) to network, have fun, learn and be challenged about important issues. We hope that this event will contribute to long lasting change in how CALD young people and communities react to gambling problems.

As well as having an enjoyable evening, young CALD people are invited to come together to develop a resource that is specific to the CALD community. The resource aims to explore and inform young people about gambling and gambling related problems.

If you would like to know more about this event or if you would like to participate please call us on 8245 8100 or email Mark M.Gaye@rasa.org.au



The poster features the PEACE Multicultural Services logo at the top left. The main title "Games 4 Change" is written in a stylized, colorful font. Below the title is a quote: "Play is the highest form of research" (Albert Einstein). The text continues: "It's play that makes people unafraid to fail and confident to try new things. It's play that helps us do serious things better because we enjoy them and feel a sense of joy in our achievements." It then states: "In collaboration with the Office of Problem Gambling, PEACE Multicultural Services at Relationships Australia would like to invite you to an afternoon of fun and learning. At PEACE we believe true change requires comfortability and creativity. Games 4 Change is an initiative that aims to build the capacity of Culturally and Linguistically Diverse (CALD) young people around their understanding of gambling and how to respond to gambling related problems." The event details are listed: Date: Saturday, 4 June 2016; Time: 11.00am - 2.00pm; Venue: Relationship Australia SA, 49a Ormond Street, Hindmarsh; RSVP: Is essential by Wednesday, 1 June. Email or call Mark (Youth worker, PEACE team) M.Gaye@rasa.org.au or (08) 8245 8100. To book: <https://www.trybooking.com/LLUH>. At the bottom, logos for aha!sa, ADELAIDE, Government of South Australia, and Relationships Australia SOUTH AUSTRALIA are displayed, along with the text "Funded through the Gamblers Rehabilitation Fund".



Power to Empower

Each year thousands of people from all over the world come to Adelaide as international students. For many people, this experience is exciting; however, for others, the experience can be daunting and it can be stressful to be without support systems. Being in a new place they may be unaware of where and how to get help.

The PEACE Multicultural Services has formed an alliance with NGOs, government departments and other organisations including Adelaide University, UniSA, Flinders University and TAFE SA to help address the needs of international students whom need support. There is strong agreement that in the future this alliance "POWER TO EMPOWER" will expand its networks to have a greater reach to CALD International Students in Adelaide. This partnership will work collaboratively to address the common issues and improve access to available services.

If you would like to know more please call us on 8245 8100 or email to Gimms Andrews at G.Andrews@rasa.org.au

Your Struggle May Be Invisible, But It Hurts

Supporting Gay and Same Sex Attracted Men

Many CALD community members often remain silent about their individual struggles; in some cases they are unaware that support is available and in other cases are subject to discrimination should they try to seek support. Being gay is often an invisible struggle. For people from traditionally conservative cultures, the struggle can be overwhelming. The PEACE program offers peer support, services including one to one chats or social groups. The PEACE team know that stigma exists and can offer a wide range of support services.

Ben, from China, is gay. Since being gay in China is not widely accepted, Ben's journey has been a struggle and he is happy to share his experiences around being gay in a cross-cultural context. Drawing on his own experiences, Ben is able to help individuals explore different perspectives on how to manage difficult life situations, and Ben understands the sensitivities of the issues being faced and that client safety and comfort is of the utmost importance.

Ben currently runs the UNIDOS group on Facebook. For information about an event or other online resources with regards to being gay and from a CALD community please click on this link:
<https://www.facebook.com/groups/unidos.rasa/>

Ben also hosts The BOYZ group, an Adelaide-based gay social group for members aged 18 to 35. This group embraces diversity and is the ideal place in which to meet others from culturally diverse backgrounds on a similar journey. To find out more please click on the link: <http://www.meetup.com/theboyz/>

A new online project "Everyone Has A Story" is coming soon! This project will focus on shared stories of lived experiences in Australia written by gay men from multicultural backgrounds. Ben hopes that by sharing and reading the stories written will give inspiration to other gay men in similar circumstances.

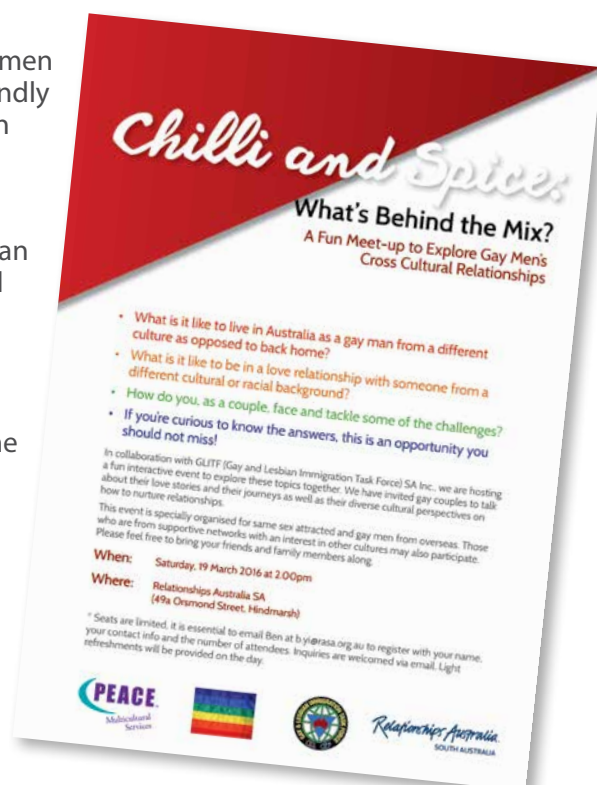
To contact Ben about individual support, group meetings and events, please email: b.yi@rasa.org.au



A fun get together to explore cross-cultural gay relationships

"Chilli and Spice, What's Behind the Mix" explored cross-cultural gay men and relationships. The men who attended the event enjoyed the friendly and open atmosphere and were delighted to receive goodie-bags on arrival.

The event which took place on 19 March 2016 was an initiative of PEACE Multicultural Services in collaboration with the Gay and Lesbian Immigration Task Force SA. Twenty-three gay men from multicultural backgrounds participated at the event; including 5 gay couples who all came from different cultural backgrounds. Each shared their perspective of the challenges of being gay, as well as sharing ideas of what is needed to build and sustain a healthy relationship. The highlight of the event was the shared stories of personal journeys; the discussion that followed which focused on the commonly identified challenges for cross-cultural relationships. A number of key points were identified in the course of the discussions; the importance of understanding the uniqueness of each cross-cultural relationship and what factors define the challenges. It was apparent that being open minded and being able to communicate effectively were key to healthy cross-cultural relationships. Also, it was noted that building a healthy relationship with a partner from a different cultural background is an ongoing process and a constant learning experience.



Interpreters Training Program

It is with great pleasure, the PEACE Multicultural Service announces that a training program for current and potential interpreters has been developed. Enrolment for this program is now available.

The training aims to provide interpreters from new and emerging African language backgrounds with awareness of professional conduct and ethical practice. Additionally, the training will provide interpreters with basic interpreting skills, an understanding about blood borne viruses (hepatitis B & C and HIV), and health-sector related terminology relevant to blood borne viruses.

The first training session took place on 2 April 2016, and attracted twenty one interpreters from a variety of African backgrounds. The participants provided positive feedback about the first day of training; commenting that the information provided was new, relevant to their job and the presentation was engaging and professional. There was such a demand for the training course that additional sessions were scheduled.

Know More Hepatitis B Campaign:

A worker's journey to get people know their hepatitis B status

One of the PEACE Multicultural Services' contributions to the implementation of hepatitis B Action Plan 2014 – 2017 (Department for Health and Ageing, SA Health) involves home visits and outreach services to enable people from CALD background to access testing, vaccination or treatment services.

Once a family agrees to meet a Community Support Worker, a home visit is organised. During the visit the worker explains the causes and symptoms of hepatitis B, the prevalence of the chronic illness and, the impact that it has on an individual's health. It is vital that people understand the importance of getting tested, or vaccinated or, if they are living with hepatitis B, the need for treatment and follow up. The Community Support Worker is able to communicate in Kirundi, Swahili and English, and there are other interpreters available for different languages. At the end of the home visit, the family can make a decision to get tested and know their hepatitis B status. If they do want to know their hepatitis B status, an appointment can be made on their behalf at Clinic 275. The worker also discusses with the family any barriers that can prevent them from attending the appointment and can offer transport if it is required. At the clinic and on the day of the appointment, the worker can meet the family and assist them in the process; this can be particularly useful in assisting people with understanding the medical terminologies associated with the sexual health assessments. One week later, the family is invited to receive their test results and are given an opportunity to involve the PEACE worker in this process. The Community Support Worker can help people to understand the meaning of the test results, for example:

1. The person has immunity and no need to do anything –there will be no danger in contracting the virus.
2. The person has no immunity and in need of vaccination to prevent becoming infected with the virus.
3. The person has chronic hepatitis B and needs medical assistance. This can be managed through attending their General Practitioner (GP), a viral hepatitis nurse and a hepatitis B specialist. Assessments can then be made for treatment.

If there is a need for vaccination, our Community Support worker can provide help to ensure that clients needing vaccinations can access them and complete the three anti-hepatitis B injections as required by the guidelines of SA Health.

For people who are diagnosed with chronic hepatitis B, our worker can help negotiate a health and wellbeing plan that provides the individual with the knowledge and support to access care and treatment.

If you would you like more information on hepatitis B, please call 8245 8100.

South Australian African Communities Health Advisory Committee

The South Australian African Communities Health Advisory Committee (SAACHAC) is an initiative of PEACE Multicultural Services, a service of Relationships Australia SA.

SAACHAC was established in 2013, with representation from diverse African communities and leaders representing different ethnicities, age, gender and professions. These committee members give their time voluntarily to ensure members of the various represented communities receive appropriate and meaningful health services.

SAACHAC in collaboration with the PEACE staff, particularly the management and their African workers, service providers from Government and community based organizations and also members from the African communities, have done some extensive work with the African communities including:

- Advocacy for service providers to acknowledge that the health and wellbeing of all members of the African communities requires full recognition of the individual's lifestyle and broader social circumstances, migration journey, economic, emotional, environmental and cultural factors.
- Contribute to the planning and development of culturally appropriate responses, when diverse needs are identified through the data or clients experiences.
- Contribute to the national African HIV project.
- Improving service providers' knowledge about cultural issues, particularly those associated with HIV and viral hepatitis.
- Reducing community (internal) and mainstream (external) stigma and discrimination.
- Improving African community's access to available resources and relevant services.

Recently SAACHAC developed an action plan to help focus on the issues and develop a benchmark that would help measure their successes.

If you are of African background and would like to be involved in any of the SAACHAC projects, please contact us on 8245 8100.

Women's Lounge

The Women's Lounge was established in August 2015. Held monthly, women from different cultural backgrounds can access psycho-social support in a safe, confidential and non-judgmental space. The lounge is a place where woman can share their experiences, access information about services; learn skills to live healthy and positive lives. The lounge provides women with an informal place to access support, socialise and build new friendships and networks. Furthermore, the lounge is a space to discuss community issues and how to reduce stigma and discrimination associated with sensitive issues. The Women's Lounge has been much appreciated by the participants and they eagerly look forward the next gathering every month.

For more information please contact Namam Salih on (08) 82458100 or n.salih@rasa.org.au

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

Individual/family support

Namam Salih - N.Salih@rasa.org.au

Anisa Varasteh - A.Varasteh@rasa.org.au

Soha Lafi Shahin - S.LafiShahin@rasa.org.au

Women's Health Program:

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

CeCe Hylton-Dei - C.Hylton-Dei@rasa.org.au

Martin Manariyo - M.Manariyo@rasa.org.au

Ben Yi - B.Yi@rasa.org.au

Sumbo Ndi - S.Ndi@rasa.org.au

Mark Gaye - M.Gaye@rasa.org.au

Memoona Rafique - M.Rafique@rasa.org.au

Vivek Mohan - V.Mohan@rasa.org.au

Community Support Volunteers

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

HIV Support Services

SAMESH (South Australia Mobilisation + Empowerment for Sexual Health)

57 Hyde Street, Adelaide SA 5000

Phone: (08) 7099 5300

Help Available: Counselling, peer support and health promotion.

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.

Cheltenham Place - Individualised Support Program for people with HIV (ISP)

Phone: (08) 8272 8799

Help available: Short-term residential care and respite care as well as home-based services for people with HIV and their carers.

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, Counselling and case management

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

North

Salisbury, Elizabeth, Ridgehaven

Tel: (08) 8250 6600

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

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- 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