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CONGRATULATIONS!

Certificate IV in Community Services
class of 2014 Graduates

We are very excited to announce that our students studying the Certificate IV in Community Services with PEACE Multicultural Services have completed their studies and graduated on the 13th of February 2015. We would like to commend all students for their hard work and achievements.

Our Certificate IV in Community Services provides students with a nationally accredited qualification and equips them with practical skills and knowledge to work effectively in the community services sector. Alongside increased employment opportunities, the Certificate also facilitates valuable learning around key health issues in Australia such as HIV, hepatitis B and C, sexually transmissible infections, problem gambling and related issues. The Certificate provides hands on learning opportunities through real community projects and work placements, which assists in building the confidence of students to address a diverse range of issues within their respective communities.

Many of our graduates have gone on to become volunteers or members of our team, some have gained employment at other community services agencies, others have gone on to do further study, and many tell us how the Certificate has positively impacted on their lives by changing their world views and/or increasing their self-esteem.

Some of the topics covered in the Certificate IV in Community Services include:

- Working effectively with communities
- Communication skills
- Working with clients
- Understanding the Australian system

If you are interested in finding out more about how to be involved in the Certificate IV in Community Services, please contact the PEACE Multicultural Services team leader – Sharna Ciotti on s.ciotti@rasa.org.au or (08) 82458100.

continued overleaf ►

Certificate IV in Community Services Graduates cont...

Graduation ceremony for students of Certificate IV in Community Services.

Photos from left going clockwise:

1. From left to right: Caroline Jing, Anisa Varasteh (Course Coordinator), Raeda Haddad, Shejarina Gali, Katrina Kalaburnis, Sharna Ciotti (Team Leader of PEACE), Namam Salih, Paul Herbig (VET coordinator of The Australian Institute of Social Relations), Roshanak Armat and Nasim Baghaeinia.

Paul Herbig, VET coordinator of The Australian Institute of Social Relations presenting students with their parchments. 2. Raeda Haddad, 3. Caroline Jing, 4. Shajarina Gali and 5. Nasim Baghainia.

6. PEACE Multicultural Services team members – Anisa Varasteh, Sharna Ciotti and Namam.



On placement at PEACE



My name is Racheal Kariuki and I'm a Masters of Social Work student from Flinders University, currently completing my second placement at PEACE Multicultural services. My experience so far has been really wonderful and very rewarding. Being an International Student of Kenyan background, one thing that struck me about Australia is its cultural diversity. I believe that this diversity is very much reflected among the PEACE team. Being part of such a diverse team has created opportunities for growth and development, both on a personal and professional level.

Prior to commencing my placement, I was involved in a 10 week volunteer training program at PEACE which helped to prepare and equip me for the nature of PEACE's work. I gained knowledge on blood-borne viruses (BBVs), such as HIV and viral hepatitis; cultural diversity and cross-cultural engagement; sexual health and wellbeing; and the diverse programs developed and

facilitated by PEACE. Through this, I developed a deeper understanding

of the kind of work PEACE is involved in, the models, principles and values that underpin what they do, and the community oriented programs they facilitate.

As part of my placement I have been involved in developing and implementing youth focused community development activities. One such activity I helped coordinate was 'Quiz Master 2015' (featured in this newsletter edition). Through this experience I learnt about the importance of establishing strong relationships with the communities you seek to work with and ensuring that they are always consulted and engaged as equal partners. I also learnt about innovative and creative ways in which valuable health information can be shared, which resonate and connect with younger community members. Finally, I came to understand the importance of working in partnership with other organisations and building on each others strengths to achieve shared goals.

As an aspiring social worker who is passionate about social justice, this placement opportunity here at PEACE has changed me for the better. It has allowed me to step out of my comfort zone and face challenges that have improved my learning. I have been able to overcome my fear of failure as I have learnt that mistakes themselves are great learning opportunities. I have learnt quite a bit about conflict resolution also by coming to the realisation that conflict is inevitable in any kind of relationship; however the difference lies in how it is addressed by the parties involved. This placement has indeed been a worthwhile and significant learning experience. I feel greatly privileged to have been a member of the PEACE team.



Youth Speak Out Forum

Saturday, 13 December 2014

Written by a participant in the youth forum.

I attended a youth speak out forum that PEACE Multicultural Services facilitated in collaboration with SHine SA. The forum invited youth leaders and influential members from culturally and linguistically diverse communities to have their say on important issues. When I first found out about this event I was happy to hear that someone was interested in hearing the voices of young people and cared about our experiences, needs and wants.

When I showed up at the forum I was pleasantly surprised to see lots of diverse faces and cultures represented. I was also excited to see that a tasty, hot lunch had been provided! After we introduced ourselves, I was very impressed by the work that many of the attendees had been doing in their respective communities with other young people. Although not everyone held the official title of 'youth leader', everyone was a leader in their own right and was well respected by their peers.

After presentations by PEACE and SHine outlining the proceedings for the day and informing us about the services they provide, we launched into workshopping. We split into groups and discussed the key issues facing young people in our communities; young people's passions, interests and hobbies; the

barriers for seeking help; and how services can better engage with youth. There was lots of discussion generated and a range of different perspectives shared. In the end, participants agreed that gender inequality, financial difficulties and intergenerational conflict were the three main issues facing culturally and linguistically diverse youth. Some of the things discussed included:

'Youth are passionate about': social justice, politics, sports, education, family and dating and relationships.

'In our spare time young people': like to party, hang out with friends and family, go on social networking sites and participate in community events.

'Barriers to seeking help include': fear of gossip, denial, stigma, lack of trust, lack of information about services available and language barriers.

'Some suggestions for creating pathways into support services' include: better access to transportation, 24/7 services, social activities and groups, online availability of information, culturally and linguistically diverse staff members, and culturally inclusive organisations.

I, like many of other youth who attended the forum felt empowered and valued. Young people can sometimes feel sidelined and invisible when it comes to community matters. Forums such as these provide a platform for youth to be heard and to contribute to real meaningful change. Thank you to PEACE and SHine for making this possible!



Quiz Master 2015

Saturday, 18 April 2015

PEACE Multicultural Services, in collaboration with SHine SA and Hepatitis SA hosted an action packed event called Quiz Master 2015. This event was targeted at youth from culturally and linguistically diverse backgrounds, with the goal of increasing knowledge and awareness of sexual health and related issues. PEACE developed this event as an innovative and engaging platform in which young people could learn about valuable health topics outside of the traditional classroom environment.

Quiz Master 2015 attracted 34 young people from South Sudanese, Liberian, Ghanaian, Somalian, Afghan, Nepalese, Iranian, Egyptian, Congolese and Kenyan backgrounds. The event kicked off with a delicious lunch and a series of presentations on HIV, sexually transmissible infections (STIs), hepatitis B and C, gender and sexual consent, legal rights and disclosure, and stigma and discrimination. Attendees listened attentively and fiercely took notes to improve their chances in the quiz rounds. In between presentations, activities were conducted where attendees had the chance to win prizes. One of the activities asked attendees to get into pairs and discuss sexual health scenarios for 30 seconds, without saying 'um'. This activity generated lots of laughter and tested participants' public speaking skills.

Following the presentations, the quiz rounds commenced. Attendees formed their table groups and named themselves – The A Team, Squad, The Champions, Kuol, The Lions and The Awesome Foursome. A total of 9 rounds (10 questions per round) were held, related to presentation topics. The energy and tension in the room was palpable. Each table whispered their answers to one another and closely guarded their answer sheets. Everyone was determined to apply their new found knowledge, and take home the first prize and quiz master title. After a hard fought battle, The Awesome Foursome reined victorious! The members of the table then sat out one last 'sudden death' round to determine first, second and third place.

Overall, the event was a resounding success. Knowledge and awareness of important sexual health topics was evidenced by all teams averaging 8.5/10 on all quiz rounds related to the presentations. Attendees enthusiasm and interest was highlighted by the questions and discussions generated. The levels of fun and engagement was made obvious by the laughter and smiles. PEACE look forward to hosting similar events in future!

If you are interested in getting involved in events and activities like the one you just read about, please contact CeCe Braima on c.braima@rasa.org.au or (08) 82458100.



A message for anyone keen to make a change in someone's life...

Many individuals approach PEACE Multicultural Services with financial issues and when they are experiencing a crisis. After getting to know their circumstances better, we learn about the 'bigger picture' and the factors that have contributed to their current situation.

Many newcomers to Australia have had a difficult journey, fraught with many challenges and hardships. Once arriving in this new place, it is very common for people to feel isolated, homesick, lonely and confused. Sometimes the things that they have been running away from, come back to haunt them in the form of bad memories. In order to cope with these bad memories and feelings, many people search for a way to forget. A way they can escape from reality and feel at peace. Sometimes this need to escape can cause people to start drinking alcohol or taking drugs, or to become involved in gambling.

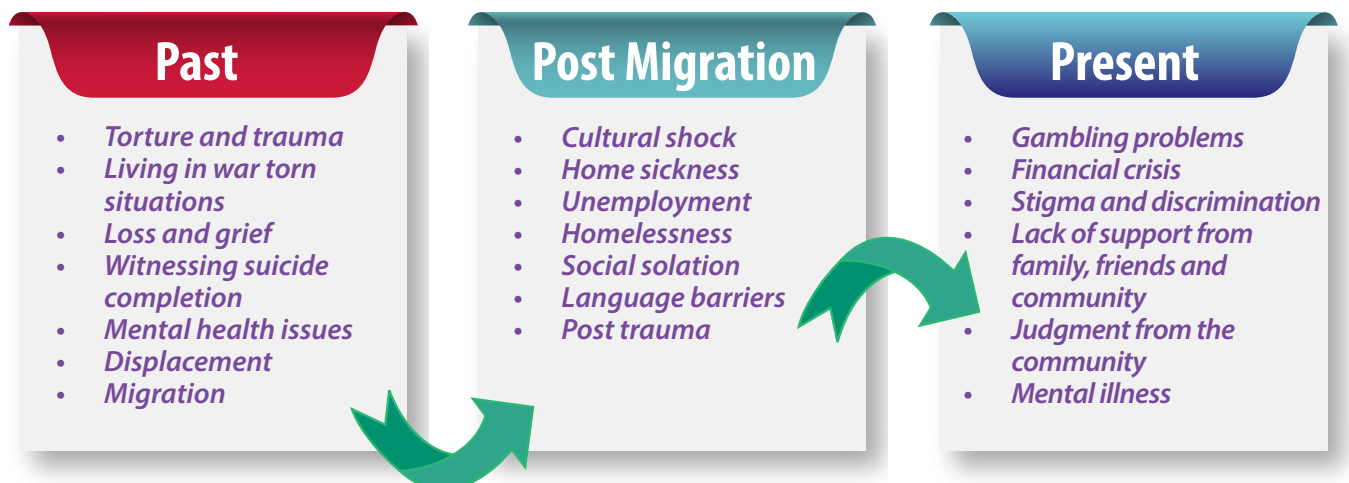
Gambling can start off as a fun way of forgetting your problems. Places where you can go to gamble, like the casino or a pub, are warm and accommodating to people all different backgrounds (religion, education, gender, culture and language). Such an environment can make lonely people feel connected. The machines you can gamble on are called 'poker machines'. They are like a colourful video games, with soothing music and vibrant colours. They easily attract your attention and make you want to keep playing them. But what can start off as an escape, can end up creating new problems and making someone's life

much worse. Gambling can become an addiction, where the person struggles to control how much money and time they spend playing. This is when gambling really becomes a problem and starts to affect every aspect of a person's life, including their finances, relationships, mental health, housing, etc. It can happen to anyone, which is why it is important to never judge someone you know who has developed a gambling problem. By doing so, we are only adding to the shame they already feel and making it harder for them to get help.

Instead, let's all take a step back before we judge and ask ourselves the following questions:

- What do I know about this person's life? Who are they outside of their gambling behaviour?
- What might be some of the reasons they developed a problem with gambling?
- What will I achieve by judging or discriminating against this person?
- What would it be like to be in this person's shoes? How would I feel if someone treated me badly?
- How will my actions impact on this person's life?

Below is a diagram of a person who developed a problem with gambling:





We hope this We hope this article has given you some insight into how problem gambling can develop.

- *Did you know that people are more likely to talk about their alcohol problems than their gambling addiction?*
- *Did you know that if you provide support to the person who has a gambling problem they are more likely to seek help?*
- *Did you know that we can organise a meeting for a person who has gone through gambling treatment to meet with their loved ones to help them understand how we can support them?*
- *Did you know that we can provide education sessions to your community members?*

What do you think? If you would like to discuss this issue further or to know more about what supports are available, please contact the PEACE Multicultural Service's Team Leader - Sharna Ciotti, email s.ciotti@rasa.org.au or phone (08) 82458100.

We would be more than happy to organise individual and community information sessions.



No Fear

African communities say NO to stigma and discrimination.

Saturday, 21 February 2015

The South Australian African Communities Health Advisory Committee (SAACHAC) is made up of inspirational leaders, intellectuals and professional representatives from a diverse range of African communities in South Australia. SAACHAC was formed with the support of PEACE Multicultural Services and meets on a bi-monthly basis to discuss the needs of African communities in relation to health and wellbeing. To date, SAACHAC members have attended an International conference on HIV/AIDS in Melbourne, facilitated training for workers who engage with African clients and most recently, held a stigma and discrimination event for African leaders.

'No Fear', invited various African community leaders and influential members to engage in new learning and dialogue relating to HIV. The event kicked off with a presentation by SAACHAC member and Flinders University lecturer -Dr Shepard Masocha. Dr Shepard provided an insight into stigma and discrimination as a broader concept; one which all attendees could relate to. Many participants shared their own personal experiences of stigma and discrimination, including racism and xenophobia.

This powerful presentation was followed by two African speakers living with HIV who came from interstate to present at the event. These two brave and generous individuals shared their personal stories and revealed how stigma and discrimination has affected their lives. Their stories brought to life the hardships and sadness that stigma and discrimination can cause. What was shared touched and inspired attendees to the extent that many requested their presence at their own community events. SAACHAC members then shared their own 'change' journeys, and how they overcame feelings of stigma towards people living with HIV within their own communities. One leader expressed how he had initially shunned one of his fellow community members living with HIV out of fear and ignorance. Fortunately, his involvement with SAACHAC changed his attitudes towards people living with HIV, so much so that he now embraces the person

living with HIV in his community, and has influenced other community members to do the same.

Overall, the event was very powerful and emotional. There were tears, laughter, smiles and many stories were shared. PEACE Multicultural Services would like to acknowledge the hard work and big-heartedness of SAACHAC members. Without their commitment and love for their communities, events like these would not be possible.

If you would like to know more about the work SAACHAC do please contact Sharna Ciotti on s.ciotti@rasa.org.au or (08) 8245 8100.



KNOW More Hepatitis B

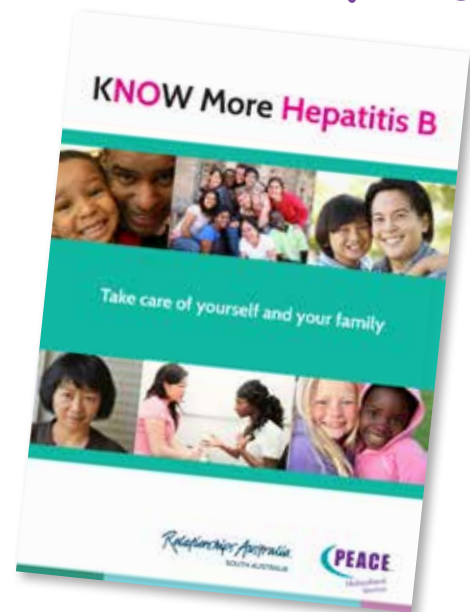
The 'Know More Hepatitis B' Campaign: A worker's perspective.

In response to the growing problem of hepatitis B in Australia and South Australia, The Department of Health and Ageing has developed the State's first action plan. This action plan includes key strategies, which include a focus on the early intervention and prevention of hepatitis B and liver cancer through testing, vaccination and treatment. The Know Your Hepatitis B Campaign was developed by PEACE Multicultural Services in line with these strategies. The aim of this campaign is to ensure that community members are aware of their hepatitis B status and take the proper actions accordingly.

The only way someone can find out about their hepatitis B status is through a blood test. PEACE educates community members on hepatitis B, assists them in attending sexual health clinics or a GP to get tested, and supports them in taking the next steps.

Most of the community members who have been supported by PEACE to go for a hepatitis B test preferred to attend Clinic 275 at GP Plus Elizabeth (16 Playford Boulevard, Elizabeth). This is because the environment at Clinic 275 is very warm and welcoming, and staff members are culturally friendly and appropriate. It is also conveniently located and accessible for community members who live in the Northern suburbs of Adelaide.

In the past two years, more than 100 people from different communities have participated in our campaign and are now aware of their hepatitis B status. A significant number of these individuals learnt that they were unvaccinated and were able to be immunised as a result. This means that if they had never been tested, they might have remained unprotected and vulnerable to contracting hepatitis B. There have also been a small number of individuals who tested positive for chronic hepatitis B. Even though this can be difficult news to hear, it is fortunate that they now know about their status and can be connected to special hepatitis doctors and nurses, who will monitor them closely and provide them with treatment where necessary.



We have had lots of positive feedback from the community members who have participated in our campaign...

"I would like to thank the South Australian Government, PEACE Multicultural Services and Clinic 275 because through them I was able to know that I am not vaccinated for Hepatitis B".

"I thought I was vaccinated for hepatitis B, but after getting tested I was shocked to find out that I wasn't. For this reason, I am going to take this information to whoever I interact with. This is because I know there are many community members out there who think that they have been vaccinated upon arrival to Australia, but that is not always the case".

Without the dedication of our community support workers, strong partnership with Clinic 275 and support of community leaders and members, the Know Your Hepatitis B Campaign would not have been possible. This year we hope to expand the campaign to more communities living in South Australia and invite other services to help us make it bigger and better.

If you are interested in finding out more about the campaign or would like to know your hepatitis B status, please contact Martin Manariyo on m.manariyo@rasa.org.au or (08)8245 8100.

Gender and sexuality...

What does it all mean?

Our experiences and understanding of our gender and sexuality influence how we interact with each other and how we make sense of and see the world around us. Many people do not know the differences between commonly used words associated with gender and sexuality, which can lead to misconceptions and confusion. We hope that this article will provide our readers with some valuable new knowledge in regards to this.

Sex: sex refers to the biological makeup of one's body including hormones (testosterone or oestrogen), genes (XX or XY chromosomes) and genitals (penis or vagina). Most people are born with either a male or female sex, but some people can be born 'intersex' and have both male and female sex parts.

Gender: Unlike sex, gender is not something we are born with. Gender is taught to us by society, who places expectations on what it means to be 'male' or 'female'. These expectations define what is to be a 'man' or a 'woman', including how we should act and behave, and what our roles and responsibilities are. For example women are expected to be emotional, gentle, submissive, mothering, etc., whereas men are expected to be dominant, strong, unemotional, providers, etc. A person's gender as can be different in different cultures, classes, ages and during different periods in history. For example in some cultures, more than 2 genders (male and female) exist.

Gender identity: This is the person's private and/or internal feelings of being 'male', 'female' or 'trans-gender'. It is also the way that people choose to 'act out' or present their gender to society. Some people consider themselves 'gender nonconforming' (neither male or female) or prefer not to be labelled with any gender at all, Also some people might identify with some aspects of one gender and some of the other (please refer to Trans-gender section).

Trans-gender: is a person who does not feel that their sex matches up with their gender identity (see above). Some trans-gender people decide to have hormonal therapy and/or sex reassignment surgery to change their outside appearance to match the gender they feel on the inside. For example a person may be born as the male sex, but feel like their gender is really female. However, it is important to understand that not all trans-gendered people choose to have hormonal therapy or sex

reassignment surgery. Instead, some may decide to identify more with the opposite gender; for example, a person born as the female sex, may decide to act, dress and behave more like the male gender. Also, some people might identify with some aspects of one gender and some of the other. These individuals may not see themselves as belonging exclusively to the male or female gender.

Sexual orientation: Sexual orientation refers to the emotional, romantic and/or sexual attraction that a person can experience towards men, women or both sexes. Sexual orientation also refers to a person's sense of identity and belonging based on those attractions, related behaviours and membership in a community of others who share those attractions. Sexual orientation is usually discussed in terms of three categories:

Heterosexual - having emotional, romantic or sexual attractions to members of the opposite sex.

Gay/lesbian - having emotional, romantic or sexual attractions to members of one's own sex.

Bisexual - having emotional, romantic or sexual attractions to both men and women.

Many cultures use the above identity labels to describe people who express a range of attractions. However, some people may use different labels and many people who experience the above attractions, may prefer no label at all.

How do people know if they are lesbian, gay, or bisexual?

Different lesbian, gay and bisexual people have very different experiences regarding their sexual orientation. Some people know that they are lesbian, gay or bisexual for a long time before they have romantic or sexual relationships with other people. Some people engage in sexual activity (with same-sex and/or other sex partners) before understanding and labelling their sexual orientation. Others may not realise they are attracted to the same-sex until much later in life. Prejudice and discrimination from society can make it difficult for many people to come to accept their sexual orientation, so labelling themselves a lesbian, gay or bisexual identity may be a slow process. ►

What causes a person to have a particular sexual orientation?

There is no agreement around the exact reasons an individual develops a heterosexual, bisexual, gay or lesbian sexual orientation. Although much research has looked at the possible genetic, hormonal, developmental, social and cultural influences on

sexual orientation, findings are not conclusive and do not point to any particular factor or factors. Many think that nature (the things we are born with, like our genes) and nurture (the environment we are raised in) both play complex roles. Most people experience little or no sense of choice about their sexual orientation. In other words, they may feel as though they were just 'born that way'.

A sunny day at the beach the first chapter to a new UNIDOS

UNIDOS (Spanish for 'unity'), is a program of PEACE Multicultural Services that provides a friendly, non-judgemental and supportive space for same-sex attracted people from culturally and linguistically diverse (CALD) backgrounds to receive individualised support and/or connect with others. UNIDOS provides support through Facebook, private emails and phone meetings. We also provide face-to-face support through one-on-one counselling, and social networking opportunities through group activities and events.

Often, people from culturally and linguistically diverse background find themselves in a very challenging position, where they are forced to deal with homophobia within their own communities and racism within the Australian gay community. This can put these individuals in a very vulnerable position, leaving them socially isolated and alone. Many of these people are unaware that services like UNIDOS exist, who understand the complexities of culture and sexuality, and have workers who are both same-sex attracted and from CALD backgrounds. UNIDOS work hard to get the word out about our services in order to reach out to these individuals. We also have a commitment to challenge the stigma and discrimination they face at a broader community level, through advocacy and education.

To kick off the New Year, UNIDOS held a meet and greet event for its members at Henley Beach. Despite the 42 degree weather, a healthy number of guys showed up to share in some sunshine, games and laughter. We started off with some activities to 'break the ice' and help members to get to know each other better. This was followed by a traditional Chinese flute performance, courtesy of one of the attendees. The group then feasted on a hearty meal of fish and



chips (a must do when at the beach) and began to share some of their life experiences and stories with one another. Although all attendees had unique lives and experiences, there were similar themes that underlined and connected them to one another. Commonly, the guys talked about their challenges of settling into a new country, the difficulties they have had in making new Australian friends and having romantic relationships with Australians. The feedback we received after our event was overwhelmingly positive. Members requested that more events like this one be organised in future and suggested that discussions on cross-cultural relationships would be interesting and beneficial.

A new meet up event is in currently being organised and will advertised very shortly.

If you are interested in getting touch with UNIDOS and/or being part of any upcoming event or activities, please email or call Ben Yi on: b.yi@rasa.org.au or (08) 82458100. Alternatively, you can reach him by becoming a member of UNIDOS Facebook group, where you will also receive updates about everything UNIDOS: <https://www.facebook.com/groups/unidos.rasa/>

World AIDS Day

Getting to Zero marketplace event 5 December 2014

World AIDS Day is one of the most globally recognised events of the year. It brings communities together from all over the world to raise awareness about the issues surrounding HIV/AIDS, and to stand in solidarity with people living with HIV. In celebration of World AIDS Day 2014, PEACE Multicultural Services in collaboration with SHine SA and Centacare (Catholic Family Services) hosted a marketplace event at their Hindmarsh office. The theme for this year was "Getting to Zero", which means zero new HIV infections, zero discrimination, and zero AIDS related deaths.

Our event was well attended by over 130 people from diverse communities, religions, ethnicities and professional backgrounds. The Honourable Tung Ngo, member of Labor and Legislative Council, opened the event on behalf of the South Australian Health Minister, the Honourable Jack Snelling. Once the event had been officially opened, inspirational messages were delivered by a powerful positive speaker who shared their personal story of living

with HIV. After the presentations it was time for attendees to venture into the marketplace!

The marketplace was a tapestry of information, animated conversation and interactive activities. A number of rooms were set up with different themes, including transmission and prevention, testing and treatment, and stigma and discrimination. Attendees were given passbooks with a series of questions to answer in the different rooms. After all the passbooks were submitted, two lucky attendees who answered all of the questions correctly, were picked to receive \$50 Coles/Myer vouchers.

Following the fun-filled, learning experience in the marketplace, attendees enjoyed lunch together, met new friends and engaged in lively discussions. What a great day!

If you would like to attend events such as these in future, please contact Laura Adzanku on l.adzanku@rasa.org.au or (08) 82458100.



Ending HIV transmission

Getting to Zero

Marketplace



PEACE Multicultural Services Holds 'Have Your Say Day'

Friday, 29 May 2015

PEACE Multicultural Services are currently working with the Office for Problem Gambling on a new and exciting project to develop the State's first action plan responding to the issue of problem gambling in culturally and linguistically diverse communities.

The project has involved consultation with the culturally and linguistically diverse (CALD) communities within South Australia to develop an effective and meaningful, health and well being model of service delivery in addressing gambling and related issues, such as homelessness, financial literacy, relationship issues, settlement challenges, etc.

In Australia we know that gambling can become an issue in all communities including CALD communities, who can be more vulnerable to problem gambling due to different reasons associated with immigration history, settlement and acculturation, including:

- Feelings of loneliness
- Social isolation (from family and home culture)
- Lack of knowledge of the English language
- Unemployment

- Past experiences of torture and trauma
- Experiences of stigma and discrimination (racism)
- Relationship issues
- The desire to make money quickly
- Lack of understanding of the gambling industry in Australia
- Lack of knowledge of help/support services available.

Gambling is often used as a way of coping with the above issues. Many people find comfort in using gambling to escape from their harsh realities and difficult life circumstances.

We also know that the above issues can impact communities in different ways, learning more about how the topic of gambling is talked about within specific communities, the types of games that might be played and how we as services can be of the most help to people affected by this issue are all topics of conversation covered during our community consultations.



On 29 May, our PEACE Multicultural Services held a 'Have Your Say Day,' event as part of the project, inviting culturally and linguistically diverse (CALD) community members to have a say about the issues that can affect the health and wellbeing of their communities.

Over 120 people attended the event representing a number of Asian, African and Middle Eastern communities in South Australia. The day was officially opened by the Minister for Communities and Social Inclusion and Multicultural Affairs, the Hon. Zoe Bettison.

"Today offers an opportunity to 'have your say!' So speak up, debate, and challenge each other. Help to bring about a positive change for the future of your communities," Ms Bettison said.

Ms Bettison spoke about the prevalence of problem gambling in CALD communities and the importance of community feedback in developing the first ever state action plan to better address the issues impacting these communities.

"We're here to today to talk about services for CALD communities and how they can be improved. Gambling has become a part of Australian culture, as has alcohol," said Ms Bettison. "If it becomes a problem, we're here to help."

Sharna Ciotti, Team Leader of PEACE Multicultural Services spoke about the stigma that surrounds problem gambling in many CALD communities, and how that prevents people from getting the help they need.

"One of the biggest issues where stigma is involved in CALD communities is problem gambling. People are more likely to seek help for a problem drugs and alcohol than gambling. This is why we chose problem gambling as the focus of today, we felt that if we can address such a highly stigmatised issue, we can address anything," Ms Ciotti said.

Ms Ciotti was followed by Sonia, a Consumer Voice Speaker who spoke about her own experience with problem gambling, the stigma she experienced as a member of the Arabic speaking Australian community, and her own journey to recovery.

The event was wrapped up with a series of workshops where those in attendance were encouraged to discuss the ways stigma could be addressed within their communities. All feedback and ideas collected at the event will be used to contribute to the state action plan.



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

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

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

Martin Manariyo - m.manariyo@rasa.org.au

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

Wilson Akoon Yuel - w.yuel@rasa.org.au

Ben Yi - b.yi@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

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

HIV Support Services

Positive Life SA (until 30 June, 2015)

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

Gay Men's Health SA (until 30 June, 2015)

49a Orsmond Street, Hindmarsh SA 5007

Phone: (08) 8245 8100

Help Available: Health Promotion, Counselling, Education

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

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