

May - July 2011

News



Serving the Community since 1956

Published by the Australian Asian Association of WA Inc.

INTERACTIVE SEMINAR FOR AGED CARE PROVIDERS AND HEALTH PROFESSIONALS

- AAA Services
- President's Message
- CEO'S Report
- AAA News and Activities
- Community News
- Media Release
- Advertisements



A very successful seminar was conducted on the **28th April 2011** at Australia Asia House by our CPP Coordinator Manil de Mel with the assistance of the Senior Indians of WA. The seminar was titled "Indian Cultural Day" and all the presentations from the leaders of the Indian community was based on Indian Culture. The presentations were on "Diversity of India with accent on Cultural Diversity, Concept of Family – Traditions, Customs and Beliefs, Food, Rites, Festivals and Rituals and Death and Dying". We had 45 service providers/health professionals at this seminar and the feedback from the participants was very positive. The participants also had a very tasty Indian buffet lunch before the seminar.



SERVICES AVAILABLE FOR THE COMMUNITY

SETTLEMENT GRANTS PROGRAM:

Funded by the Department of Immigration and Citizenship.

Please contact Sophia Karutjindo in Joondalup Office on (08) 9300 2720 or austasia2@iinet.net.au

Office Hours: 9.00am - 5.00pm Monday to Friday, except Tuesdays: Sophia meets with CaLD women's group at Community Centre, Merriwa

EMERGENCY RELIEF:

Funded by Lotterywest and Department of Family and Community Services.

Available to those who find themselves in a crisis situation.

- AAA Perth 275 Stirling St, Perth (08) 9328 6202
- AAA Joondalup Lotteries Complex Office Suite 10/70 Davidson Terrace, Joondalup (08) 9300 2720
- AAA Gosnells Community Lotteries House Suite 3/2232C Albany Hwy, Gosnells (08) 9398 9156
Office Hours: Tuesday and Thursday 9.30am to 12.30pm

TRIPLE A CARE:

COMMUNITY AGED CARE PACKAGES (CACP)

Funded by Department of Health and Ageing.

Contact Chris Brama
CACP Coordinator on (08) 9228 9833

HOME AND COMMUNITY CARE PROGRAMME (HACC)

Funded by Department of Health (State).

Contact Sarojini Fernando
HACC Coordinator on (08) 9328 7688

IMMIGRATION:

Qualified Migrant Agent available for free consultations and assistance.

Contact Olga Ramasamy on (08) 9328 6202



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FOR BOOKINGS AND INFORMATION (08) 9328 6202

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CONTACT (08) 9328 6202

President's Message



Greetings once again to our family especially to our members of the Italian and Eritrean communities who recently celebrated their National Day and to the Burmese community on the celebration of Aunt San Suu Kyi's birthday.

Members would be delighted to know that we have received growth funding for the Home and Community Care Programme to the value of \$ 88,000 to provide Centre Based Day Care in the Gosnells catchment area. Preliminary discussions have commenced with the City of Gosnells to make available space in the form of a hall to run the programme. Buying a property around the area is also being considered by the committee. This would allow us to run independent operations and also provide a valuable asset to our organization. One of our two buses will now be parked in Gosnells and cater to the families in that area. As numbers for the programme are limited please register early. If anyone would like to volunteer help for this excellent programme please contact the office on 93286202. The association has also just been informed that our funding from the Department of Immigration for continuing our settlement services in Joondalup has been confirmed.

Due to the growing number of organizations and other parties using the main, lesser halls and kitchen as well as for other safety reasons, especially being in close proximity to the City and Northbridge, it was decided by the executive to install CCTV. This is currently operational and is constantly monitored by the security company. Due to the large number of organizations now occupying office space as well as use of space for our needs it has become imperative that we expand. This would also allow us to provide legal services, which is impossible now due to lack of office space. We are in the process of preparing a preliminary plan to Lotterywest that would enable us to expand the facilities as well as upgrade the kitchen and main hall which has now been severely overused and in need of renovation.

The association will now be represented on the Curriculum Council of Western Australia through our executive committee member Dr. Ranil Coorey who will provide multicultural input into their developing courses, which now number fifty. We wish Dr. Coorey every success.

In every report I have focused on a coordinator of some of the programmes run through government funding received by the association. Manil de Mel is our very capable coordinator of the Community Partners Programme. In a general sense it covers the handling and dissemination of Service provision information within the aged care domain. Manil is kept very busy with liaising with many of the migrant communities and arranging information sessions, printing of resource documents, meeting with and arranging seminars with staff from the ILC and the Department of Health. As Australia's population is rapidly ageing and AAA now runs the CACP and HACC Programmes Manil's position assumes greater significance. He is available at the association on 93283435.

A phone call to the association is now pleasantly answered by KC Bahadur who is our very able and helpful telephonist/receptionist. He hails from the mountains surrounding the Himalayas - Nepal. We wish him every success.

Members who attended our Bingo Night on the 27th May found it very enjoyable as many caught up with old friends in a pleasant environment. At \$15 with dinner it was extremely well priced. Thanks to Marlene Burnaby and the office staff who helped to put the evening together. We are hoping to have regular Bingo Nights over the year. The next one is scheduled for Friday the 26th of August.

I take this occasion to once again thank you our ever growing members for your support and loyalty to the association. Please feel free to drop in for a chat and renew old acquaintances.

Unity in Diversity

Mel. Fialho



CEO'S Message



We are at the end of another financial year – the six months has gone so fast it is unbelievable. We have to start preparing all the acquittals and annual reports for grants and programs funded for the last year which is a very time consuming job.

We are pleased to advise that the Community Partner's Program coordinated by Manil de Mel has been extended for another year. The sessions he organised during the last six months have been very successful with numbers as well as the subject matter delivered by qualified and capable presenters. We have succeeded in obtaining funding for the continuance of the Settlement Program in the Joondalup catchment area. The Co-ordinator, Sophia has successfully formed a women's group in Banksia Grove, involved in conducting sewing lessons. We propose to obtain a couple of industrial machines so the clients can obtain lessons which will provide avenues for employment for them.

Our growth Funding application to provide HACC services in the Gosnells catchment area was successful. We are in the process of commencing Centre Based Day care services from the Huntingdale Community Centre on Holmes St. Southern River. We intend to attract clients from the following suburbs: Maddington, Thornlie, Orange Grove, Martin, Huntingdale, Canningvale, Southern River and Gosnells. One of our buses will be parked at the Gosnells Community Centre and used to pick up clients from these suburbs. A flyer has been sent to all the medical practitioners in these areas and Medical Centres. If you know of anyone requiring Home and Community Care Services please contact us and we will direct them to the correct avenues to obtain an assessment.

We are currently preparing our submission to Lotterywest for funds to modernise the kitchen, upgrade our audio visual equipment, lighting and flooring for the hall, and replace the disability lift with a normal lift so it is more functional especially for the tenants on the first floor. If successful, the work will commence over the Christmas holiday period and the facilities may not be available for about a month or 6 weeks – especially the kitchen.

Olga Ramasamy

FAREWELL LUNCH to **Tewin** **Siripatanakulkajorn** - Youth Coordinator

Mrs. Olga Ramasamy and the staff at Australian Asian Association had a lunch at a Chinese Restaurant to say farewell to Tewin Siripatanakulkajorn affectionately called "Pup" who was leaving the association after 14 months service as Youth Coordinator. Tewin goes back to his home country Thailand to pursue a career in the field of environment.



UNFORGETTABLE AUTUMN BINGO NIGHT WITH DINNER

On the 27th of May the Association organised a Bingo Evening. It was a wonderful celebratory occasion of catching up with old members and friends.

Tickets were very reasonably priced at \$15 which included one free Bingo ticket and a very tasty dinner which was substantial. Many of the guests walked away with BAZZAR MONEY for the week, as there were prizes for lines and full house.

Some of the comments made by those who attended were *"We really enjoyed the Evening"*. *"When is the next one"*. The committee has therefore decided to have a regular Bingo Evening and we need your support to build it up.

Thanks must be extended to Marlene Burnaby the coordinator of the event.



TRIPLE A - Iranian New Year 2011

On the 22nd of March the Iranian clients celebrated **NO-ROOZ**, which means "New Day". It is the new day that starts the year, traditionally the exact astronomical beginning of the Spring. Iranians take that as the beginning of the year. This exact second is called "Saal Tahvil". No-Rooz with its' uniquely Iranian characteristics has been celebrated for at least 3,000 years and is deeply rooted in the rituals and traditions of the Zoroastrian (This was the religion of ancient Persia before the advent of Islam in 7th century A.D.).





NEW US Consul General's function



From left to right:
Mel. Fialho, Sudanese President, Aliasha Consul General Perth, Parish Priest Claremont, Imam Abdul Jalil Ahmad, Rev. B. Oloughlin (Vicar General Perth) and the deputy Ambassador United States of America.

GOLDEN OPPORTUNITY!!!
FREE English Language Course - 2011

It is with pleasure that we advise all interested youth who have difficulty to access English language lessons because of cost involved, that we plan to commence English classes free of charge. The classes will commence in mid July and will run for three months at a time. It consists of 3 levels - with a Certificate of Participation at each level.

Group 'A': Beginner's course for persons who need to gain basic English language skills.

Group 'B': An intermediate course sufficient to attend an interview with confidence to access employment opportunities.

Group 'C': An advanced course which is designed to enable the students to understand and speak the language with confidence and to have the capacity to read, write and comprehend the language at a higher level.

If you are interested, please come and fill the form.

Although the classes will be free of charge, it is necessary to obtain a bond of \$ 50 to ensure regular attendance at classes and completion of each level. The bond will be returned with a Certificate of Participation at the end of each three month course.

Yam kc - Youth Coordinator
 Australian Asian Association
 275 Stirling Street, Perth 6000
 Email: youthcoordinator@iinet.net.au
 Tel: 08 9328 1160

INFORMATION SESSION TO THE BURMESE COMMUNITY

Under the Community Partners Program an information session was arranged for a large group from the Burmese Community at Australia Asia House on the 4th June 2011. Claire Sherwood from Alzheimers Australia made a presentation on "Mind your Mind". This was a very interactive information session on how to keep the brain healthy and active in order to reduce the risk of Dementia. The members of the Burmese Community who were present benefited from this information session.





TRIPLE A CARE

AUSTRALIAN ASIAN ASSOCIATION COMMUNITY AGED CARE PROGRAMME

CARE AND SUPPORT FOR OLDER AUSTRALIANS STAYING AT HOME

This programme of providing aged care to our CALD Target Communities has been in existence for the last 12 years. We have 35 packages - all have been taken up and there are no vacancies at the moment.

Vacancies occur all of a sudden and prospective clients are advised to go through their GIP's of the ACAT procedures and be on the waiting list.

These are no more extra packages for this year as no funding has been allocated. So we will be on 35 for the whole of the Coming Tax Year 2011/2012.

We always need Carers from ethnic backgrounds to support our clients. So if there are people interested in joining up as Carers we will welcome them. We endeavor to serve our Clients with Carers from the same ethnic background - as this will be a great asset, by way of providing a culturally appropriate service.

Please contact the Coordinator for further information on **(08) 9228 9833**.

Chris Brama - CACP Coordinator



APRIL 12 - The International DAY OF ASTRONAUTICS



On the 12 of April 1961, Yuri Gagarin made the first human flight in space. On the 10th of April 2011, Russian Social Club of WA celebrated 50th Anniversary of this event.

Guests watched a short film about Yuri Gagarin. Children played space theme games, had craft competition, read poems and stories. The organisers provided tea, coffee and snacks.



Fifty years ago humanity began its journey into space.

On the morning of April 12, 1961 Yuri Gagarin bravely sat atop an explosive can of kerosene and liquid oxygen. A few minutes later he was travelling at over 38,000 km/hr a few hundred kilometres above the ground. He was the first person in space.

His historic flight lasted 108 minutes and made just one orbit of the Earth. After crossing Siberia

he passed over the Pacific and southern Atlantic oceans. Over Africa, as he descended back into the atmosphere, his mission almost ended when his capsule initially failed to separate from a service module. Finally, he leapt from the capsule and parachuted into a remote field not far from the Volga river.

In Australia most people know Neil Armstrong was the first man to walk on the Moon, but few can name the first man to fly into space.





Interactive Seminar

for Aged Care Service Providers and Health Professionals



Fifty six service providers/health professionals were given the opportunity to listen to the experts from Transcultural Mental Health, Alzheimers Australia and Palliative Care WA at a seminar conducted once again by the CPP Coordinator at Australia Asia House on the 9th June 2011. The experts made their presentations on ***“Attitudes towards mental health among the older adults from CALD backgrounds:***

Sensitively navigating the cultural differences, Hear Me – The development of an augmentative communication aid for people with Dementia and Palliative and End of Life Care in WA”. The presentations were well received by the participants and the feedback was very positive. The participants were treated to a nice rice and curry buffet lunch before the seminar.



CONGRATULATIONS TO SHIRANTHI SAVERIMUTTO - the Winner of the Western Australian Consumer Protection Awards 2011

These awards recognise and reward the positive contributions of individuals, local government authorities, organisations and businesses in advancing consumer advocacy in Western Australia.

Since 1991, Shiranthi Saverimutto has been the Principal Solicitor at Gosnells Community Legal Centre. The centre provides free services to disadvantaged and low income earners in the South East metro corridor. Shiranthi supervises of the centre's legal and paralegal services: family law, child support, domestic violence, family dispute resolution, tenancy advocacy, financial counselling, mediation and welfare rights.

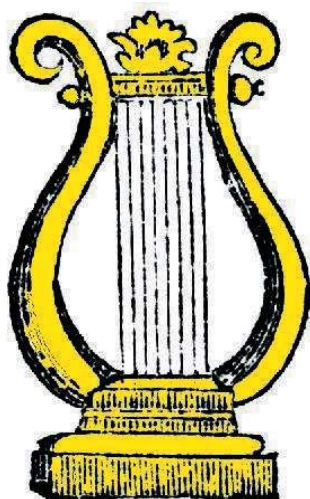
Shiranthi maintains her own clients caseload, coordinates the paralegal staff and supports all staff to reach their maximum potential.

Over the years, she has coordinated orientation, training and development programs to expose law students to a range of experiences that increase their knowledge and understanding of disadvantaged people.



Linda Saverimutto

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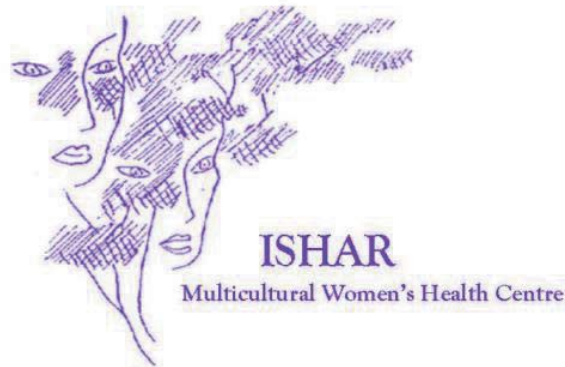
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Ishar Multicultural Women's Health Centre

Multicultural Carers Support Program

- * Professional counselling
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- * **All Services are free**
- * Psycho-education Workshops
- * Information and referrals
- * Interpreting service

Ishar welcomes individuals from all cultural backgrounds, who care for people with a mental illness into their Carers Support Program. At Ishar, we offer a holistic range of services to Cald Carers. This includes individual counselling at Ishar's centres or in carer's homes. Our Carers Support Group meets weekly and members take part in social and therapeutic activities, psycho-education and information sessions about mental health. Members of the Carers Support Program are assured their participation will be kept confidential.

We also offer short retreats for those carers needing a break, referrals to those who need different or extra services and advocacy when help is needed with legal matters. All our services are free and can be organised to suit a carer's requirements. Bi-cultural workers and interpreters can be arranged when needed by the carer.

At Ishar we recognize the demands placed on a carer can be numerous and complex. It is our aim to offer a holistic model of service delivery that restores the health of carers, promotes their resilience and develops self care skills.

Ishar's program operates across the Perth metropolitan area with centres in Mirrabooka, Fremantle and Midland. If you would like more information about Ishar's Carer Support Program then please contact Irena Quinn, Program Manager on (08) 9345 5335 or send an email to caldcarers@ishar.org.au, you can visit our website www.ishar.org.au .

ACOSS says inequality is growing in Australia

The peak body for the community and social welfare sector, the Australian Council of Social Service (ACOSS) says there is a growing inequality in Australia, with disadvantaged groups and people struggling on low incomes. The indications are that more people are hitting hard times and falling into poverty, said Dr. Cassandra Goldie the CEO/ACOSS. At the last count it was estimated that 2.2 million people in Australia were living in poverty and 105,000 were homeless. All of this paints a worrying picture that challenges our long held notion of a fair and egalitarian society and requires the attention of our key policy and decision makers. We have urged action on a number of fronts including reforms to social security payments, employment services and our taxation system, said Dr. Goldie.



Green tea may prevent adult incontinence

A WA researcher has found drinking green tea may help alleviate Urinary Incontinence (UI) in middle-aged and older women. Prof. Andy Lee from the Curtin Health Innovation Research Institute collaborated with a Japanese research team to examine the effects of green tea consumption in a cohort of Japanese women aged between 40 and 75 years. While UI was a problem for 28% of participants the results showed that those who drank four or more cups of green tea daily were significantly less likely to suffer from the condition. Black and green tea are both produced from the leaf "Camelia Sinensis". Green tea is not fermented and due to that has less oxidation during processing.





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Depressed seniors benefit from Tai Chi

Researchers at the UCLA University in America have reported on their investigations into treating depression with a westernized version of Tai Chi, a 2000 year old Chinese martial art. When they combined a weekly Tai Chi class with a standard depression treatment for a group of depressed elderly adults, they found greater improvement in the level of depression – along with improved quality of life, better memory and cognition and more overall energy – than among a different group in which the standard treatment was paired with weekly health education classes. This is the first study to demonstrate the benefits of Tai Chi in the management of late life depression and we are encouraged by the results said first author Dr. Helen Lavretsky, a UCLA professor-in-residence of psychiatry.



CAREFUL WHEN YOU BRUSH

You can damage your teeth by brushing them right after eating or drinking, food and drinks such as wine, citrus fruits, sugary drinks or juice with high acidity levels according to Dr. Peter Alldritt, Chairman of the Australian Dental Association's oral health committee. Waiting to brush for at least 30 minutes gives your mouth time to produce enough saliva to neutralize the acidity, Dr Alldritt says. This saliva helps your teeth to harden and absorb more calcium which then acts as a coat of armour. If you brush your teeth straightaway you are going to damage the softened enamel.



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The Australian Asian
Association of WA Inc

Triple A Care Home and Community Care Programme (HACC)



COMING SOON
to Gosnells Catchment Area

Funded by the Department of Health

The HACC Programme seeks to maximise the independence of frail older people and younger people with disabilities so as to prevent premature admission to long term residential care.

Centre Based Day Care for
Multicultural clients will
commence in July 2011.

**Places are limited
so register early!**



Centre Based Day Care in progress.



For further information or clarification call:

Ms Sarojini Fernando on 08 9328 7688

Ms Olga Ramasamy on 08 9328 6202

Australian Asian Association of WA Inc

275 Stirling St. Perth WA 6000

PO BOX 8013 Stirling St. Perth 6849

Tel: (08) 9228 9833, (08) 9328 6202

Fax: (08) 9328 1588, (08) 9227 8410



AMEP

ADULT MIGRANT ENGLISH PROGRAM

Learn English on a Saturday morning

The AMEP offers Saturday morning English classes in Carlisle

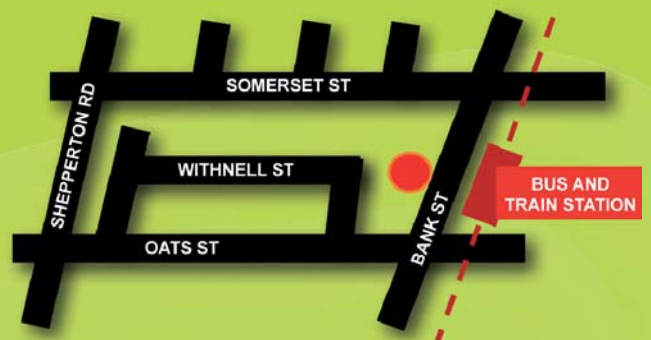
What time?

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For more information, and to check if you are eligible, call 9267 7335 or 1800 862 166 or email amep@polytechnic.wa.edu.au



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