

Boronia Multicultural Services Annual Report 2015 - 2016



Promoting the advancement of culturally and linguistically diverse communities based on principles of social justice, access and equity.

OUR MISSION

Boronia Multicultural Services Inc. (BMS) works for the advancement and promotion of culturally and linguistically diverse (CALD) communities through facilitating equal access, opportunity and participation for all, based on the principles of social justice, access and equity.

OUR AIMS AND OBJECTIVES

Boronia Multicultural Services Inc. is an advocacy and support service for refugees and migrants of culturally and linguistically diverse backgrounds living in the cities of Cumberland, Parramatta and surrounding suburbs.

The main aim of this service is to facilitate and provide appropriate social, educational, recreational, cultural and community support services to families of refugee and migrant backgrounds.

To achieve this, the service has the following objectives:

- To identify the needs of families from refugee and migrant backgrounds and to develop appropriate services in response to those needs.
- To recognise and support cultural diversity and social equity within Cumberland and Parramatta local government areas (LGAs).

To promote access for families of refugee and migrant backgrounds to local Government and community services in Cumberland and Parramatta and surrounds, in line with the principles of access and equity and social justice.

- To provide an avenue for information sharing and community education.
- To assist culturally and linguistically diverse communities to develop their organisational structures in order to participate more effectively in Australian society.



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CHAIRPERSON'S REPORT

It is with great pleasure I write this report on behalf of the 2015-16 Management Committee.

During these past 12 months, Boronia Multicultural Services Inc. (BMS) continued to build partnerships and collaborations in aiming to provide direct services and community development to address the issues of disadvantaged communities and individuals from diverse cultural backgrounds and to support them to fully participate in the society. BMS ensures to embrace the cultural diversity and social equity in all our programs and service provision.

One of the strategic directions of the Centre is to review the Organisation's Constitution to enhance the capacity and productivity of the organisation through efficient governance and its operations. Leadership and guidance provided for the complete review process considering the best interest of the organisation having regard to the current social service sector changes including funding.

One of the main aspects of the constitutional changes is to include the acknowledgement of the Aboriginal First People of Australia. The text has been developed previously in consultation with Linda Burney MP, the first Aboriginal Parliamentarian in Commonwealth. I am proud to say that we believe BMS is the first community level organisation who have taken initiative in this direction.

Amidst of various challenges, we were able to maintain the current level of funding and successfully provided following programs. (Refer to the Centre Report for more details).

- Seniors Healing Garden
- Various Seniors Activities
- Community English classes
- Multicultural Mothers' Support Group
- Play Groups
- South Asian Women Wellbeing Centre.

This program intends to provide a safe space for women to come and find out more information about services where they can access more support and enhance their participation in the community. Continuing grants from Parramatta City Council have enabled us to provide further training and mentoring to the participants. The Management Committee continues to provide required strategic direction to further this program. A special mention and thanks to Dr Rugmini Venkatraman for her continued support in this program.

• Families and Children program to strengthen relationships, support families, improve children's wellbeing, and increase the participation in community to strengthen family. We are expected to monitor changes in our community and adjust the services to meet the changing needs of families and children.

Expanding the skill set and capacity of our staff and volunteers at the centre continues to be an important part of our agenda and we actively encourage staff to pursue ideas of innovation in program development to ensure long term sustainability.

As always says, in today's changing environment, grass root level community organisations still provide support for better community connections. Wellbeing, emotions and community cohesion cannot be judged purely by numbers or statistics. These two years we have served to uphold this responsibility.

I would like to thank Family and Community Services, Department of Social Services, Cities of Parramatta and Cumberland Councils, Clubs and other Non -Government Organisations for their funding and support.

A dedicated staff and volunteers are very vital to the existence of BMS and its reputation. A special mention to the Centre Manager; Bernadette, and Staff and Volunteers for their diligence and devotion. We like to acknowledge our valuable partner organizations in our service provision such as, Cumberland Council (formerly Holroyd City), Parramatta City Council and South West Sydney Institute of TAFE.

I would also like to acknowledge the long standing service and support provided to BMS by Gabrielle Vuletich, Janet Cheng and Karuna Karan.

I also take this time to thank the management committee and wish the next committee the very best.



Nalika Padmasena

Chairperson



The Management Committee of BMS comprises people who embrace the aims, objectives and the philosophy of the service, and who voluntarily contribute towards this end. For the year 2015-16, the Management Committee comprised the following members:

Nalika Padmasena	Chairperson
Kate Lamb	Secretary
Ajmer Gill Singh	Treasurer
Karuna Karan	Assistant Treasurer
Anoop Johar	Member
Amarinder Bajwa	Member
Nevine Ghaly	Member
Anthony Pun	Member
Jessie Sher Singh	Member
David Dawson	Member
Gabrielle Vuletich	Resigned April 2016
Janet Cheng	Resigned February 2016

BMS staff, volunteers and work placement students would like to thank the Management Committee for helping to make this organisation an effective service provider to the communities of Cumberland and Parramatta LGAs and the surrounding suburbs.



For the financial year of 2015-16, BMS received funding from various sources for the different programs and projects undertaken.

The Commonwealth Department of Social Services (DSS) funded the Children and Parenting Support Program, this Program provides tailored parenting programs and community education to target clients that encourage healthy relationships and ensures the needs of children are the primary focus of parenting whilst building the capacity of parents and carers in the parenting role.

NSW Department of Family and Community Services (FACS) for community development projects under the Community Builders Fund.

The Cities of Parramatta and Cumberland have provided various grants to run successful initiatives such as the South Asian Women's Wellbeing Centre (SAWWC) Precious Carers Support Group, Cyber Safety Information sessions to local schools and the Clubs for various initiatives undertaken by Boronia Multicultural Services.

We thank these funding bodies for their support which has enabled us to deliver quality services to our local communities.



Group-Based Activities

African Kids Homework Support

Boronia Multicultural Services partnered with Southern Hope Community Organisation in 2015 to run a Homework Support group on a weekly basis for two hours. The aim of the project was to assist children from CALD, mostly South Sudanese, background with their homework. Average weekly attendance was 12. Volunteers assisting the participants were mostly University students.

The program provided participants access to educational resources, social interaction with other children and volunteers, and enhanced their learning within a positive and safe learning environment. Children gained increased confidence and self-esteem as a result of interacting with others, and gained a sense of empowerment in establishing healthy and positive connections with others from mainstream education.

The program also benefited the children's parents as they were also provided educational materials and information sessions on positive parenting, healthy lifestyles and nutrition. Evaluation revealed all the participants were satisfied with the assistance received.

Arabic Women's Support Group

The Arabic Women's Support Group runs on a fortnightly basis at the Merrylands Community Centre. An average of 20 women participated in the program. The group's aim is to create social inclusion, and promote social support and connectedness among women from various Arabic speaking backgrounds. The group also aims to connect women to their families and become healthy and informed parents or grandparents.

Participants acquired knowledge on family harmony, skin protection and healthy lifestyles and a range of other topics through information sessions. Guest speakers were invited from Syd West Multicultural Services, Blacktown, and Cancer Council among others. The group participated in craft classes such as quilting and card making which enabled them to feel more connected with others, reducing their sense of social isolation and building networks.

Seniors' Healing GardenCommunity Garden Project

The community garden provided an opportunity for seniors from different cultures and backgrounds to come together and participate in a gardening program. The garden has had a few upgrades including a new fence and a sign for the garden designed by Parramatta Men's shed. Soil, seeds and other required equipment have been purchased for the garden, courtesy of a grant by Parramatta City Council. The essential ingredients of potting mix, seedlings and garden tools were purchased for the garden through this grant.



Senior's Healing GardenSome staff members with a member of Parramatta
Men's Shed in the garden.

Volunteers from the group have maintained the garden throughout the year, simultaneously exchanging their knowledge and understanding of growing herbs, spices and vegetables. As a result of the garden, the project has helped participants boost their self-confidence through ownership and responsibility for the garden, as well as nurture stronger bonds and social networks. Access to the community garden has been widened to include all residents of Toongabbie and surrounds to encourage social inclusion and increase social connectedness among participants.

English & Computer Classes

Boronia Multicultural Services (BMS) offers English and Computer Classes to local community members every week on Thursdays during School Term. On average 10 people attend the English class weekly. Community volunteers facilitate these classes. The basic computer skills component has been designed to assist people from CALD backgrounds, particularly newly arrived refugees and asylum seekers, to learn day-to-day computer functions. This includes web browsing, navigating email accounts, and using Microsoft Word, Power point and Excel spreadsheets.

The English classes allow participants to communicate in English and improve their literacy and numeracy skills. In these sessions, participants are given topics about daily life happenings. For example, they may practise reading aloud flyers received from their mailbox, reading recent news items/current events and how it affects everyday life, and practise related idioms and proverbs. Activities focus on developing and practising English language skills.

The program has enhanced participants' knowledge and skills and helped them to access relevant services and information. It has also improved their self-confidence and social connectedness, thereby reducing social isolation. As a result of the skills acquired from these classes, participants have engaged in other activities and groups provided by BMS.

"Precious" Carers' Support Group

The "Precious" Carers' Support Group was formed in June 2014 and runs in partnership with the Meadows School as Community Centre. The program has been



running successfully for the past two years on a fortnightly basis during school terms at the Toongabbie Community Centre. Averages of 10 people participate in group activities fortnightly.

The "Precious" BMS Multicultural Carer Support group knows the social isolation which can accompany caring for a family member with a developmental disability. The group activities have assisted in reducing stress and other mental health related problems which can arise from caring for a child with special needs. Group sessions are designed to enable participants develop skills; build capacity and self-esteem through exploring their choices to adapt to changing circumstances of their family member with disability. The group members help and support each other to handle familial and social conflicts in a safe, confidential environment.

The group help participants to access support services, activities and resources relevant to their caring roles. It has improved community links through establishing and maintaining referral pathways for carers of people with special needs. It has provided an opportunity to raise issues at appropriate levels, and promote social support amongst disability carers from other cultural backgrounds.

During 2015-16 year, participants attended information and personal well-being sessions including, the NDIS (National Disability Insurance Scheme), young people with a disability-work and study options, Wills and Enduring Powers of Attorney among others. The participants also had parenting skills input through "Stepping Stones" for families with a disability, available from the range of Positive Parenting Programs.

One parent stated, "The sessions on Triple P were really good. I have learnt a lot from all the sessions."

Other group activities for physical and mental wellbeing included Zumba, Yoga and Meditation. The group had an excursion on the Nepean Belle Paddle wheeler on the Penrith Gorge.

One member stated, "It's lovely doing things like this, because it gives us time from our families."

Overall, the group members look forward to their regular meetings to share their feelings in a protected environment. One carer stated "I am part of a support group for Carers of children and young people with disability at Boronia Multicultural Community Services. It has been really good for me to be around other people who are experiencing some of the same things as I am experiencing. I always look forward to the meetings."

"I think we need to raise disability awareness in the community and get people interested in the different experiences of people."



"Collaborate, Connect, Celebrate"

"Collaborate, Connect and Celebrate" was part of the Fundability project funded by Northcott Disability Services. The project was organised in partnership with the following Organisations: Multicultural Disability Advocacy Association of NSW Inc. (MDAA), Jhai Mitchell, President of Toongabbie Chamber of Commerce,



Management and Businesses at Portico Plaza and Samuel Thevasaeyan and Vindran Vengadasalam from the Australian Tamil Chamber Of Commerce (ATCC).

The project aim was to create a community where people with disabilities and their families feel socially included, valued and supported. This was done through increasing public awareness of difficulties faced by people with disability and their carers while shopping by providing local businesses and the wider community with knowledge and skills so that a more supportive environment can be created.

The initiative was in response to an identified concern of families of children and young adults with disability from culturally and linguistically diverse backgrounds (CALD). It provided an opportunity to the business community and members of the public to share their experiences of disability and their ideas for greater inclusion. The project provided an opportunity for families of children and young adults with disability to share their experiences-and ideas for greater inclusion-with the business community and members of the public. This was through an 'Awareness' stall at Portico Plaza, on the International Day of People with Disability on 3rd December 2015.

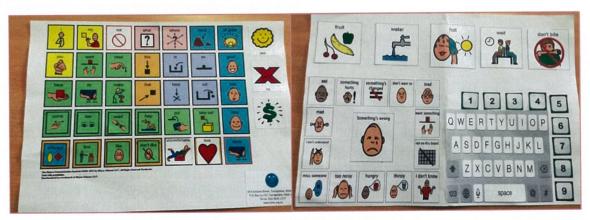




A follow up Forum was held on 30 March 2016 at the Toongabbie Sports and Bowling Club which provided information to the business community on the importance of responding to people with disability and their families as valued customers, as well as providing strategies and tools to make that happen. It provided opportunity for collaboration between the business community and the community services sector. It also raised awareness of disability amongst a diverse range of people.

The forum was attended by Mark
Taylor MP, Member for Seven Hills. The
business community and the public were made
aware of some of the barriers and challenges
experienced by the families of people with
disability in accessing the local community.
These barriers and challenges were identified
by the families and communicated in their own
words. The business community and the public
were also asked to think about what might
make the local community more inclusive of all
people.

The business community was given information and materials with suggestions on how to respond to the needs of people with disability and their families. The material also included a communication tool and contact details of organisations that are able to provide further information and assistance.



Connect, Collaborate Celebrate Forum *Sample Speech & Communication Resources*

Seniors Support Group

The Seniors Group activities are for both men and women who come from CALD backgrounds. Most of the seniors are newly arrived migrants, refugees and asylum seekers. The program's aim is to enable participants to successfully develop links with other community members and relevant services to reduce social isolation. This program also provides CALD seniors an opportunity to receive information and enhance skills for positive lifestyles, both physically and mentally.

Information sessions are delivered on different topics such as family relationships, depression management, and legal services for seniors, healthy eating and a range of other relevant topics. The group receives information on available services and how to access them. Sessions such as Zumba and Yoga were organised to promote physical fitness. The Seniors group meets fortnightly at the Toongabbie Community Centre.

South Asian Women's Wellbeing Centre (SAWWBC)

The South Asian Women's Wellbeing Centre (SAWWBC) is a partnership project with three South Asian organisations: SAHELI, SEWA and Tamil Women's Development Group. The participants meet weekly at the Wentworthville Community Centre. The aim of the program was to empower South Asian women by providing a space to gather, share information and form new social networks.

Weekly program activities commence with yoga or light exercise to encourage daily exercises by participants. Information on healthy lifestyles and wellbeing are provided by Service Providers. A Representative from Auburn Area Command conducted a domestic violence training session for the group in February called 'Women's Safety at Home'. The session introduced the perspective of domestic violence as a violation of Human Rights and was an eye opener for the women as they had previously accepted it as part of a South Asian women's life. A victim of domestic violence was brought to the Centre by the Indian Crisis Support Agency and the women formed a support group for the victim based on the training recently received.

International Women's Day was celebrated at the Centre with Susan Abu, a young Sudanese woman as the Guest Speaker honouring the event and sharing her inspirational life story. Energy and Water Ombudsman NSW (EWON) gave a presentation on rebates and dealing with complaints with Energy providers. 10 different breathing techniques were introduced to help relax, energise and improve overall wellbeing through increased lung capacity and oxygen levels in the blood. Cumberland Council (Holroyd City Council) presented a workshop on recycling and green cleaning, including how to dispose of household items correctly to save the planet. These sessions were well received and enjoyed by the women attending the centre. Every week, participants taught each other Bollywood dance and the last session for the term involved participants playing number games such as Sudoku, Ken Ken and Binary to keep their minds active.

SAWWBC empowered women by providing information, promoting gender equality and a soft be an entry point for domestic violence victims. Women experiencing domestic violence were referred to appropriate services and supported emotionally by the other women. The women felt connected and had a network of support, alleviated loneliness and established a relationship of trust with the Coordinator. Yoga and Zumba additionally helped with both physical and mental wellbeing of the women attending the Centre.

"Swasthi": Wellbeing – A Pink Pony Project

The 'Swasthi' Wellbeing Project is an initiative funded by Cancer Australia under the Ralph Lauren Pink Pony Seeding Grants. The 'Swasthi' Project aimed to support South Asian women in the Western Sydney region who have been newly diagnosed with breast cancer with support provided by breast cancer survivors. The project involved mentoring for women diagnosed with breast cancer. Translated information on breast cancer was provided in three main South Asian languages, Tamil, Hindi and Bengali.

Volunteers from the South Asian community who are survivors of breast cancer were recruited and trained to provide personal and emotional support to newly diagnosed clients on an informal basis.

Participants were trained by the Cancer Council through the Cancer Connect Program. Trained Volunteers are monitored and provided debriefing by Cancer Connect. A Facebook page has been set up for the Swasthi Project.

Child and Family Support

Children & Parenting Support Programs



First Aid Group

Our children and families services aim to build the capacity of those in a parenting/caring role by facilitating support groups. These groups provide parents opportunities to socialise, access information about children's development/wellbeing and enhance parenting skills.

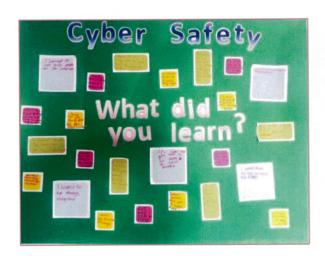
During the 2015/16 year, BMS ran parent group sessions at Old Guildford Public School, at Blaxcell St Public School in South Granville, Sherwood

Grange Public School in Merrylands West and Guildford Public School. The formal parenting programs presented were "Triple P" (Positive Parenting Program) & 123 Magic, lasting 3-5 weeks, and facilitators came from Boronia Multicultural Services (BMS) Granville Multicultural Community Centre) GMCC, Parramatta Holroyd Family Support Inc and Karabi Community & Development Services Inc. Less formal sessions offered yoga and stress management techniques. Guest speakers addressed the groups about healthy eating for the whole family, like nutritious food in meal planning and what items to place in children's school lunch boxes. Guest speakers from NSW Health included dietitians and community nurses. Bi-lingual educators were accessed, eg. for Arabic-speaking parents. A women's Wellness Workshop ran at Guildford West Public School, when mothers had facials, massages and other input about self-care techniques. Attendees across all groups

averaged between 6-25. Parent participants came from the following countries: Afghanistan, China/Hong Kong, Lebanon, Iran, Iraq, Kurdistan, Syria, Somalia and Australia.

During May-June 2016, a 3-week First Aid training course was attended by 10 parents at Blaxcell St Public School. This was the culmination of many negotiations involving BMS, TAFE NSW (South West Sydney Institute) and Blaxcell St School. Parents provided feedback about how they felt more confident to handle an emergency at home anytime in the future.

BMS liaised with local schools, University of Western Sydney and the NSW Police Force to organise Cyber Safety information sessions throughout the year. These information sessions informed both parents and children how to manage their internet usage, raising awareness of online risks and also access to resources. A Dads' & Kids' Night with a cyber safety theme was well attended at Blaxcell Street Public School in late 2015. In mid-2016, a cyber safety parent session was successfully delivered at Sherwood Grange Public School. Similar sessions were delivered to students attending Greystanes Public School and St Anthony's Catholic Primary School. The sessions were well received by both parents and children.





Cyber Safety Project

Feedback from students

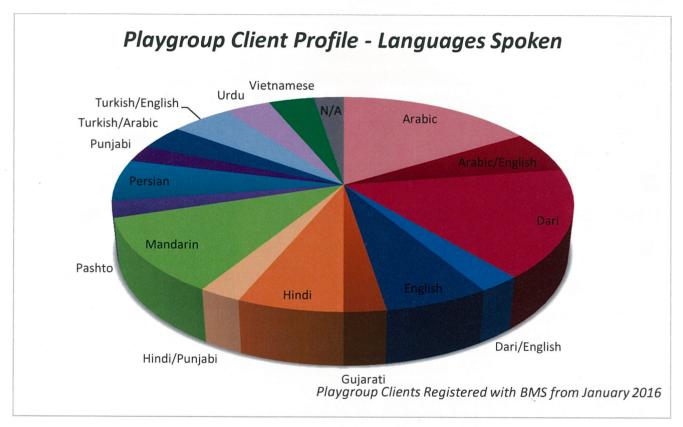
Supported Playgroup

BMS facilitates multicultural supported playgroups within local areas designated and funded by the Department of Social Services. The playgroups are open to all families with children aged between 0 to 5 years of age. The aim of the program is to support and encourage parents/carers from immigrant and refugee backgrounds with young children to participate in new learning experiences in a safe, fun, nurturing and supportive environment.

Almost all families who attended the playgroups are from CALD backgrounds. Many have benefited by meeting other local families in the area and have developed new friendships. Parents support each other, practise English, develop more confidence integrating into the wider community, discuss family issues and share parenting ideas/experiences. Parents/carers receive information regarding children's health, nutrition, communication, child development, school readiness and behaviour management

In the second half of 2015, BMS ran playgroups three times a week during school terms. The groups met every Wednesday at Wentworthville Public School, Thursday at Pendle Hill Public School and Friday at Reg Byrne Community Centre. The Wednesday and Friday playgroups were facilitated in collaboration with Karabi Community Development Services Inc. Approximately 26-33 children attended each session with new registrations each week.

In 2016, BMS began running supported playgroups in the new designated areas of Guildford, Guildford West Granville, South Granville, Merrylands West and Clyde and changed days of operation. Playgroups have continued to support families. "Learn Thru Play" activities are run during all playgroups which help children develop skills whilst having fun! Playgroups are run in partnership with community organisations like the Guildford NESH Hub, Granville Multicultural Community Centre at the South Granville Community Centre and Guildford West Public School. There is positive parent feedback overall for playgroup activities.



Supported Playgroup Holiday Programs

Supported school holiday programs were run in Guildford and Toongabbie at the Community Centre. These were in partnership with NESH women's housing scheme. The various programs were for children aged between 0-12 years.

Community Events

Harmony Day

BMS celebrated Harmony Day on 23 March 2016 in collaboration with local organisations at the Centenary Square in Parramatta. The community was provided information about services available to people from culturally and linguistically diverse backgrounds. Cultural diversity was reflected in the various colourful performances of dance, poetry and music. Collaborators included Community Migrant

Resource Centre (CMRC), NSW Police Force, Navitas English, Anglicare, Life Without Barriers, NSW Family and Community Services (FaCS), Australian Red Cross and NSW Fire and Rescue.



Parramatta Harmony Day

2016 Partners

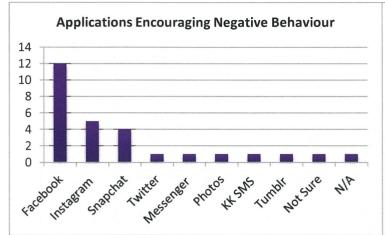


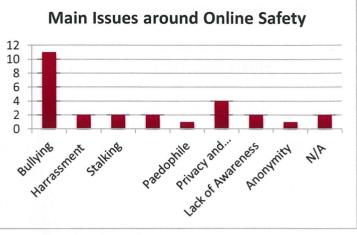


Holroyd Youth Week

BMS celebrated Youth Week on 14 April 2016 and held a stall at Holroyd City Council's (Cumberland) Event at Merrylands Regional Park. This event aimed to raise the awareness of local services for children, parents and youth aged 12-25 years. Other participating Organisations included Community Migrant Resource Centre (CMRC), Headspace, Centrelink Multicultural Services, Karabi Community and Development Services Inc, Holroyd City Council Youth Services, Library services, Youth off the Streets, Granville Youth Centre and Evolve Youth Housing.

BMS distributed a survey to the young participants at the event, asking about their thoughts and knowledge of Cyber Safety. Results showed that the participants recognised bullying as one of the main issues around safety online, and Facebook was nominated as the application that encouraged the most negative behaviour. Most participants had limited knowledge about legal implications of cyber safety. They were interested in attending a Youth forum on the topic in the future. This Forum was held at Granville TAFE Library In May 2016.







Holroyd Youth Week Youth Online Safety Survey findings



International Day of Disability

On 3 December, 2015, BMS celebrated the International Day of People with Disability through a

community awareness-raising stall set up at Portico Plaza, Toongabbie. This initiative was part of our "Connect, Collaborate and Celebrate" project aiming to increase social inclusion of families of children and young adults with disability. The stall welcomed families' sharing of their experiences/ideas for more inclusion with local businesses and members of the public.

Biggest Morning Tea

On 26 May 2016, BMS set up a cake and coffee fund-raising stall for the Cancer Council. Once again this was at Portico Plaza Toongabbie. Over 70 people visited the stall. BMS would like to take this opportunity to thank our sponsors Portico Plaza, Ricco's Burgers and Coffee and Sindy's Flowers Express and the general community for their support.



Parenting Expo

On 20 May 2016, BMS organised a Parenting Expo at Granville Public School in partnership with Community Services Certificate IV students from South West Sydney Institute of TAFE. The aim was to raise awareness of available parenting support services in the Granville, Guildford and Merrylands West areas. Community organisations present at the Expo included Lifestart, Family Referral Services,



Woodville Alliance, Department of Human Services – Multicultural Services and Holroyd City (now Cumberland) Council. The Expo was attended by 75 participants.

Employability and Cyber Safety Workshop



On 27 May 2016, BMS held an Employability and Cyber Safety Workshop in partnership with the Community Services Certificate IV students from South West Sydney Institute of TAFE in the Library of Granville TAFE. Guest of Honour was MP Julia Finn Member for Granville.

The workshops were facilitated by employment support services, Job find Australia, Afford, Wise Employment and

Community Migrant Resource Centre (CMRC). Guest speakers included representatives from Australian Services Union, Afford and Wise Employment and Disability Employment Services.

The workshops aimed to assist young people with employable skills including preparation of resumes, cover letter-writing and job interviews. Informative presentations on Cyber safety were also provided to raise awareness of the risks involved with online activities and resources about where to get help. Speakers included University of Western Sydney, the NSW Police Rosehill Local Area Command (Youth Liaison Officer) and

Granville Multicultural Community Centre .They shared their expertise and knowledge about cyber safety.

About 100 people attended the workshops. Participants were satisfied with the information and assistance received.



Refugee Week

During Refugee Week in June 2016, BMS collaborated in two local community events: the Refugee Week Art Exhibition in the Jubilee room, Parramatta Town Hall, and Cumberland Council's "Everyone is Welcome in Holroyd" Event.

On Saturday 25 June 2016, BMS
Management Committee Chairperson and
Family Support Workers attended the Refugee
Week Art Exhibition organised by the



Parramatta Multicultural Community Network as part of the "Creativity Unleashed" Expo. Other collaborators included Settlement Services International (SSI), NSW Family and Community Services (FACS), Parramatta Community Migrant Resource Centre (CMRC) and Australian Red Cross.



BMS also staffed an information stall at Redgum Centre, Wentworthville, at Cumberland Council's event to promote social inclusivity and celebration of contributions by people from a refugee background. Many local community-based groups held cultural performances by young people. The event was attended by local school groups and community members. One of the BMS volunteers, Malini, demonstrated jewellery-making at the stall. This was another opportunity to showcase these skills.

International Women's Day

On 10 March 2016, BMS celebrated International Women's Day (IWD) with participants of the South Asian Women's Wellbeing Centre (SAWWBC). Guest speaker was Susan Abu a young Sudanese woman who shared her truly inspirational story with the other women. Susan was born to a refugee mother living in Uganda and she came to Australia as an 8 year old without speaking any English. She



is currently studying Psychology at university and is working at STARTTS (Service for the Treatment & Rehabilitation of Torture & Trauma Survivors). We greatly appreciate Susan for sharing her story with us.

The IWD campaign theme for 2016 is #Pledge for Parity, asking individuals around the globe to collectively accelerate gender parity, including gender-balanced leadership and workplace gender-equality. We asked SAWWBC participants to contribute to our IWD art canvas by putting a coloured fingerprint on the balance scales representing gender equality as shown in the photo above.



Rugmini Venkatraman | Centre Manager/Community

Development Resigned September

2015

Sahba Delshad | Centre Manager September 2015-

January 2016

Daniel Apat | Family Support Worker Resigned

October 2015

Jaspreet Walia | Family Support Worker Resigned

September 2015

Bernadette Agyepong | Centre Manager/Community

Development

Serena Cheung | Family Support Worker

Ramona Debs | Playgroup Coordinator

Marcela Garrett (from March 2016) | Family Support Worker

Malaika Raheja | Interactive Family Support Worker

& "Precious" Carers' Support Group

Coordinator

Viji Dhayanathan | SAWWBC Coordinator

Kapoor Kaur | Seniors & English class Coordinator

resigned April 2016

Sumathi Thirunavukarasu | Administration Officer

Charles Rajan Joseph | Book keeper

O Volunteers:

BMS thanks volunteers for their valuable time and support to enhance this organisation's functions. They include:

- Moana Bonanno
- Malini Devi Rajanathan
- Shirley Fredrick
- Gayathri Jothi

- Shravani Shinde
- Jasbir Kaur
- Shiyamala Manickam

Students:

BMS also thanks all students who have chosen to do their field placements here. Thank you for all of your contributions. During, 2015-16, they included:

- Sujezana Sureta

Annie Lu



"Thank you for your ongoing support. We look forward to continuing our partnership work in building the capacity of migrants and refugee communities; to enable them to have a good quality of life in their adopted country of Australia."

TAFE South Western Sydney Institute, Granville

Australian Iranian Community

Organisation

Holroyd City (now Cumberland) Council

(Commonwealth) Department of Social Services (formerly FaHCSIA)

Community Migrant Resource Centre, Parramatta

Guildford West Public School

Guildford Public School

Karabi Community and Development Services Inc.

Parramatta City Council

Northcott Disability Services

SAHELI of SEVA International

SEVA International

SEWA Australia

Tamil Women's Development Group (TWDG)

Holroyd Parramatta Mobile Minders

Parramatta Holroyd Family Support Inc.

Granville Multicultural Community Centre

Blaxcell Street Public School

Granville Public School

Men's Shed

NSW Department of Family & Community Services (FACS)

NSW Police Force, Holroyd and Parramatta Local Area Commands (LACs)

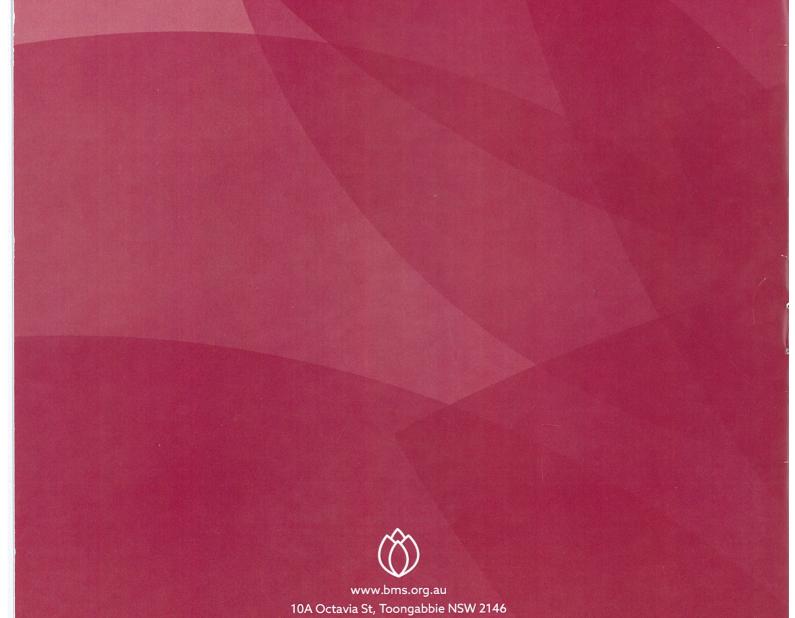
Portico Plaza

Ricco's Burgers and Coffee

Sindy's Flowers Express

NOTES

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Ph: (02) 9631 1777