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Breast Care Seminars reach Filipino and Spanish speaking women

In 2007 the NSW Cancer Institute created a Community Grants Program to enable women from statistically relevant language groups to access comprehensive information about early detection of breast cancer.

Because BreastScreen specifically targets women aged 50-69 (while offering free screening to women aged 40 to 69) it is women in this older group who have been invited to seminars given in their language by bilingual health professionals, or with the aid of an interpreter. .

The latest Breast Care seminars in this series, held in February this year, targeted women from the Spanish and Filipino speaking communities – up until then no translated information on breast cancer screening was available in Tagalog.

Table of contents:	
Breast care for Filipino & Spanish	P1
Dementia Project	P1
New Experts at MHCS	P2
Families NSW	P2
LGSA Awards 2008	P2
Passive smoking risks	P2
Ante Natal DVD	P3
MDAA DVD	P3
New Guidelines for Translations	P3
Hindu Festival	P4
Co-exist NSW	P4
New on website	P4



Filipino Women's Breast Care Seminar organisers from MHCS and PACSI together with the speakers

Following consultations with main umbrella organisations for each of the two languages, Multicultural Health Communication devised a key message for each community which was then used in a media campaign. The Philippine Australian Community Services Inc (PACSI) stressed the importance of friends in women's lives so there was a consensus that the message, *'A friend encouraged me to have a mammogram at BreastScreen'* should be used, while the NSW Spanish and Latin American Association for Social Assistance (SLASA) agreed that the best message would be, *'Breast cancer can affect any woman, it can happen to you, your family and friends'*. Both messages were used with photographs of women from these communities.



Audience at the Spanish Speaking Women's Breast Care Seminar

Both PACSI and SLASA played a major role in selecting a coordinator to recruit the bilingual presenters for these seminars. These organisations also helped develop a media strategy, organise phone lines for bookings and contacted all other Filipino and Spanish speaking organisations and groups within western Sydney to encourage women to attend the seminars. The information in the Seminars was developed and translated by MHCS.

A total of 350 Filipino and Spanish speaking women attended the seminars held in Blacktown and Fairfield. Over 83% of the women who responded to the feedback forms rated the information sessions as very clear, excellent and extremely useful.

Almost 70% of Filipino and 50% of Spanish speaking women who took part in the forums asked to be contacted by BreastScreen NSW for follow up information on mammography screening and appointments.

The results of surveys of women attending both seminars show that these community groups want more information sessions in their language, and in the same panel format that includes health professionals and testimonials from women who have had personal experiences with breast cancer. The women also requested a question and answer session.

Now recruiting: Chinese, Italian and Greek speakers for the dementia project

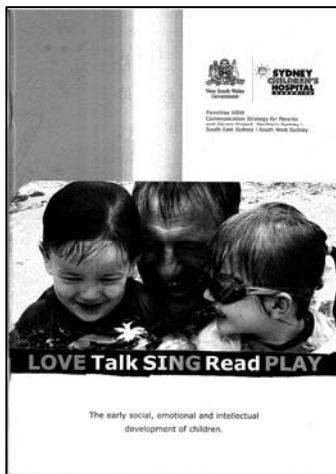
Multicultural Health Communication is looking for Chinese (Cantonese and Mandarin), Italian and Greek speakers for a telephone health survey on dementia later this year. The surveys, to be conducted from the University of NSW, with an option to make some calls from home, will be done during normal working hours, with some work available after hours and on the weekend. Training for the surveys will take place in late August, with the telephone surveys starting in early September. Payment will be based on an hourly rate. Experience in survey work is desirable. For a copy of the selection criteria and duty statement, contact Chris Gollan. Chris.Gollan@sesiahs.health.nsw.gov.au or 02 9816 0545. Please email your resume to Chris.

Welcome to our new experts on the Greek and African communities

Avra Kostopoulos has joined our team for a short time to work on a resource audit of multilingual information on parenting. Avra has worked with the Greek Welfare Centre as a Community Worker, coordinating projects working with youth as well as educating the Greek community about problem gambling, cancer awareness and quitting smoking. Avra has also co-facilitated women's and aged groups.

Jean-Marie Uwamahoro has also joined us temporarily to promote and distribute the antenatal DVD *Your pregnancy, your health* and also a DVD on disability now being developed for families from Iraq, Sudan and Afghanistan who have with children with disabilities. Following this, she'll be working on a needs assessment of health information for African communities in NSW. Jean-Marie is a qualified medical practitioner with a wealth of knowledge on the needs of newly arrived migrants from Africa, and with experience in HIV/AIDS projects.

Love, talk, sing, read and play – media campaign targets Arabic, Chinese and Vietnamese parents



MHCS has teamed up with Families NSW to develop a new media campaign targeting parents of 0 to 5 year olds from the Arabic, Chinese and Vietnamese communities in the South Eastern, South Western and Northern Sydney areas. It will promote the key messages of the early parenting resource kit '*Love, talk, sing, read and play*'.

The resource kit has been translated into Arabic, Chinese and Vietnamese and is available on the MHCS website at www.mhcs.health.nsw.gov.au

This project aims to raise awareness of how children can best learn, grow and develop through different stages from 0 to 5 years old, and to increase parents' confidence in parenting.

Besides reaching out to targeted multicultural communities, MHCS is also urging service providers, including early childhood centres, to encourage the same key messages – 'love, talk, sing, read and play' in their dealings with culturally and linguistically diverse parents and their babies.

For more information on this campaign, contact Jess Helaratne or Germana Morassi on 02 9816 0347.

Local Government & Shire Association Multicultural Health Awards

Do you know of any multicultural health resources or programs developed by councils with CALD communities, either alone or in partnership with other groups? They may be eligible for the annual Local Government Multicultural Health Awards – application forms and criteria for submissions are now on MHCS website. <http://www.mhcs.health.nsw.gov.au/mhcs/subpages/localgovaward.html>



These awards are given by the Local Government and Shires Associations of NSW, Multicultural Health Communication and the NSW Department of Health to recognise local government's contribution to multicultural health resources, projects and programs. They were established to encourage good practice in working with diverse communities and ensure that multicultural initiatives are recognised, promoted and made accessible to CALD communities.

Only NSW councils or groups of councils are eligible to enter. In cases where a project has been done in partnership with another organisation, the council needs to have shown a significant level of involvement.

Past winners of this award are Fairfield Council, Bankstown and Canterbury City Councils and Rockdale City Council.

You can find the judging criteria and application forms via a link on the MHCS website. If you have any questions, particularly about applying for the awards please contact: Chris Gollan at MHCS on 9816 0545 or Liz Gemes at LGSA on 9242 4063

New project raises awareness of passive smoking risks among Arabic speaking students

Smoking and the use of the water pipe is a common feature of Arabic hospitality and socialising - a 2005 NSW Health survey found that Arabic speaking households had lower rates of smoke free households than the NSW average. A new project *Please don't smoke around me* aims to raise awareness among Arabic speaking children aged nine to 11 of the effects of passive smoking and possible strategies to minimise harm.

South Eastern Sydney Illawarra (SESIH) Health Promotion Service, in partnership with the Cringila Arabic School, developed and piloted a curriculum support manual for this project. The manual is in line with the Department of Education and Training's four key learning areas of reading, writing, listening and speaking, and includes activities such as board games, songs, listening exercises, flash cards and homework activities. One lesson specifically focuses on the water pipe, discussing the myths surrounding it, and its harmful effects.

Although most students at the school had a good general awareness of the harmful effects of smoking, many students who were new arrivals in Australia were less aware of the issue. Feedback from students and their teacher showed that the resources were well received, but that there's still a lack of information in this community about the risks of passive smoking and using the water pipe.

It is hoped that this curriculum support manual will be trialled in other Arabic language schools in Sydney. For more information, contact Tara Lawson at SESIH Health Promotion Service on 02 4221 6728.

Antenatal DVD for African communities – free copies now available!

A new antenatal DVD in Somali, Dinka and Arabic, specifically designed for African communities living in NSW, was launched by Dr Stepan Kerkysharian, Chair, Community Relations Commission for a multicultural NSW at the Diversity In Health 2008: Strengths and Sustainable Solutions Conference.

Called *Your pregnancy, your health*, the DVD was developed to inform and encourage women to present early for antenatal care and make full use of services offered by antenatal clinics. This free resource aims to improve antenatal health and subsequent birth outcomes of women and their babies from small and emerging African communities.

The DVD is designed for use with groups, at home with friends and family, or at community centres such as Migrant Resource or Language Centres or anywhere members of African communities are gathered and/or are accessing settlement services. Health professionals may find it useful for generating discussion about cultural differences and how they can impact on health.

The DVD was a collaborative project of Sydney West Area Health Service, NSW Refugee Health Service, Multicultural Health Communication Service, Auburn and Blacktown Migrant Resource Centres and South Eastern Sydney and Illawarra Area Health Service.

For more information or a free copy of the DVD, please contact Monique Wakefield on (02) 9840 3376 or email Monique.wakefield@swahs.health.nsw.gov.au

DVD for the Afghan, Iraqi and Sudanese communities coming soon

Do you have a disability? Do you have a son or daughter with a disability? Do you know other people with a disability in your community?

The Multicultural Disability Advocacy Association of NSW, Information and Cultural Exchange, and MHCS are working together with people from the Afghan, Sudanese and Iraqi communities to develop an information kit and DVD about children with disability and their families, and the services available.

We want people to know more about disability and about services for people with disability and their families.

The information kit will cover these topics:

1. What is disability?
2. How can I find out if my child has a disability?
3. Where can I get information if my child has a disability?
4. Accessing services
5. Rights and responsibilities

The Information kit and DVD will be available in August 2008

If you'd like a free information kit and DVD, or if you have any questions about this project, please ring Theresa at MDAA on (02) 9891 6400 or email her at theresa.clark@mdaa.org.au

Guidelines for checking health/medical translations

A new set of guidelines for checking translations can be found on our website. Following is link to this document: <http://www.mhcs.health.nsw.gov.au/mhcs/subpages/material/GuidelinesforCheckingofHealthMedicalTranslations.pdf>

Hindu festival provides a great opportunity for health promotion

On 23rd March 2008, the Hindu Community held a Holi Mahotsav (Indian Festival of Colours), promoted by the Indian Arts and Cultural Association of Australia. The day long festival, held at the Fairfield showground attracted over 12,000 people.

MHCS provided health awareness packs on diabetes, breast cancer, ovarian cancer, prostate cancer and men's health, including resources supplied by BreastScreen NSW, Diabetes Australia and, Andrology Australia, as well as information on accessing the MHCS website.

This Hindu festival, together with Chinese New Year celebrations at Belmore Park in the city and Hurstville and the Vietnamese Tet festival at Warwick Farm Racecourse earlier this year have provided good opportunities for disseminating health information and conducting surveys on health awareness.

Co-Exist NSW - help for people with co-morbidity

This service is for people from Culturally and Linguistically Diverse (CALD) backgrounds (and their families) who live with 'co-morbidity'. Co-morbidity means having two or more mental health conditions or having a problem with both mental health and substance abuse. Co-exist, which is funded by NSW Health and based at Cumberland Hospital in Parramatta, aims to provide culturally appropriate interventions to people who may have mental health problems or are at risk of developing one.

The focus of this program is on providing culturally appropriate care and improving people's access to mainstream mental health and drug and alcohol services. Our bilingual mental health clinicians provide cross-cultural assessment and treatment, and make recommendations for future care and transitional plans.

This is a **FREE** service to anyone from a CALD background that has mental health and substance abuse problems, or is at risk of them.

For enquiries and referrals please contact the Co-Exist intake service on 02 9840 3767, 8.30am - 5.00pm Monday to Friday.

New Publications on our website

Title	Summary	Languages
AHS 8150 Breast Feeding	Mother's information sheet on complementary feeding	Arabic, Bengali, Chinese, English, Italian, Khmer, Korean, Macedonian, Spanish, Urdu, Vietnamese
AHS 8145 Manage Your Medicines	If you start taking a new medicine, change to a new brand, take multiple medicines or change your normal dose, the chance of experiencing side effects increases.	Arabic, Chinese, Dari, English, Farsi, Greek, Italian, Korean
AHS 8140 Improve Your Balance	There are many changes to our bodies as we get older, and maintaining effective balance can become difficult.	Arabic, Chinese, Dari, English, Farsi, Greek, Italian, Korean
AHS 8135 Be Physically Active	Be physically active every day. Whatever your age, aim to do at least 30 minutes of moderate physical activity at least 5 times a week.	Arabic, Chinese, English, Farsi, Greek, Italian, Korean
AHS 8125 Make the Most of Your Eyesight	Problems with vision can increase your chances of having a fall	Arabic, Chinese, Dari, English, Farsi, Greek, Italian, Korean
OTH 8130 Life scripts	Life scripts are a way for General Practitioners and patients to work together to make healthy lifestyle changes. Lifescripts involves GPs assessing different lifestyle risk factors and providing patients with advice on how to make lifestyle changes to improve health and wellbeing. Lifescripts targets five behaviours, including alcohol intake, smoking, nutrition, physical activity and weight	Arabic, Chinese, English, Greek, Italian, Vietnamese
DOH 8120 Hearing loss	The NSW Statewide Infant Screening Hearing (SWISH) Program is aimed at identifying all babies born in NSW with significant permanent bilateral hearing loss by 3 months of age, and for those children to be able to access appropriate intervention by 6 months of age.	Arabic, Chinese, English, Greek, Italian, Korean, Vietnamese
AHS 8155 Home Safety for Falls Prevention	A safe home and surroundings can help you maintain an independent lifestyle and can reduce the chance of falling. Its important to check your surroundings and take steps to make them safer.	Arabic, Chinese, Dari, English, Farsi, Greek, Italian, Korean

Deadline for next edition: 27th June, 2008	Polyglot is published by NSW Multicultural Health Communication. Articles for inclusion in the next issue can be sent to Cecilia George, NSW MHCS, Locked Mail Bag 5003, Gladesville, NSW. 2111, or email: georgec@sesiahs.health.nsw.gov.au .
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