



**New breastfeeding resources available in ten languages**

Anyone working with pregnant or breastfeeding women will welcome these ten fact sheets now on our website. Produced in conjunction with the Australian Breastfeeding Association, they cover a range of breastfeeding issues, and are available in Arabic, Chinese, Croatian, Farsi, Khmer, Korean, Macedonian, Spanish, Turkish and Vietnamese.



australian  
breastfeeding  
association

The ABA provided us with the original texts of their ten most popular fact sheets in English, as well as six other languages. After consultations with breastfeeding specialists, the English text was amended and the fact sheets newly translated into 10 languages. The Communications Branch of the NSW Department of Health provided funding for the project.

The fact sheets – finalised just in time for World Breastfeeding week - are:

- How Breastfeeding works
- First Feeds- Putting Your Baby to the Breast
- Engorgement and Coping With an Oversupply
- Blocked Ducts and Mastitis
- Sore and Cracked Nipples
- Increasing Your Milk supply
- The Complementary Feed
- Working and Breastfeeding
- How to Express Breastmilk
- How to Store Breastmilk

For other websites with multilingual resources on breastfeeding, go to:

- Multilingual Health Education in Canada <http://www.multilingual-health-education.net/faq.asp>
- Department of Health and Ageing in Victoria <http://www.dhs.vic.gov.au/phd/language.htm>
- NOAH in New York. Information only in Spanish <http://www.noah-health.org/>
- EthnoMed. University of Washington. <http://ethnomed.org/>
- La-Leche in Canada. <http://www.lalecheleague.org/LLLlang.html>

\*\*\*\*\*  
**STOP PRESS                      STOP PRESS                      STOP PRESS                      STOP PRESS**  
 \*\*\*\*\*

On 28<sup>th</sup> July, 2003 a function was held for the presentation of the First Multicultural Communication Awards. These presentations were made by the Director of Communications, NSW Health on behalf of the Director General. The first prize was won by Michelle Azizi for an information package *Healthy Kids: a parents' guide*, produced by staff members of The Children's Hospital Westmead and the Transcultural Mental Health Centre. Congratulations! More information and photos next issue

\*\*\*\*\*

## **New ethno-specific diabetes resource**

We've been promising a pictorial, ethno-specific resource on diabetes for some time, and we're pleased to say that it's now underway and should be ready in Spring.

We are working with the NSW Branch of Diabetes Australia which has developed diets for 12 language groups - Arabic, Chinese, Croatian, Greek, Indian, Italian, Korean, Macedonian, Spanish, Samoan/Tongan, Turkish, Vietnamese. When the food photography is finished and the layout planned, we will test the resource with nutritionists to see if it meets their needs.

## **Promoting Meals on Wheels and volunteer services to Chinese and Greek communities.**



Multicultural Communication has been commissioned by the Northern Sydney NESB Access Unit of Northern Sydney Area Health Service to develop and implement a plan to increase the use of HACC services in the northern suburbs. This is a pilot project which will focus on the promotion of food (Meals on Wheels) and volunteer services to the Chinese and Greek communities.

So far the response to the promotion has been good. Talks and taste tests for groups of older people have helped raise awareness of Meals on Wheels, and debunked any ideas that the food is bland. Very few people knew about Meals on Wheels, but after every talk, several people signed on, saying the food was good and the cost very low.

A significant part of this project is the development of a training resource package to help HACC providers to better promote their services to NESB communities.

The training resource will draw on experiences from this promotion with the Greek and Chinese communities and will be piloted as part of a series of training programmes for HACC workers.

If you'd like more information or resources on food/volunteer services in Greek and/or Chinese, produced for this promotion, you can contact Michael Camit 02 9382 7528 or email [camitm@sesahs.nsw.gov.au](mailto:camitm@sesahs.nsw.gov.au)

## **Relaxation CDs and tapes**

These great new resources were developed by STARTTS, with the help of Fairfield Multicultural FPA and Companions Offering Grief Support. The CD (or cassette tape) includes two relaxation methods - progressive relaxation and visualisation. Both techniques have been successful in clinical work with clients who speak a range of different languages.

Every effort was made to take into account cultural considerations so that the material is appropriate to the very diverse client group it aims to help.

The CD is available in the following languages: Arabic, Bosnian, Cantonese, Dari/Farsi, English, Khmer, Serbian, Spanish, Tamil, Tetum, Vietnamese. STARTTS are currently working on Assyrian and Kurdish versions.

The CDs cost \$29.50 each and cassettes are \$12.00 each. Cheques/money orders should be made payable to STARTTS Clinical Program 906040. To order CD/cassette, please phone for an order form 02 9794 1900, or write and let us know the languages and quantities you need and send a cheque/money order to: STARTTS, PO Box 203, Fairfield, NSW 2165.

## **Multicultural Communication poster**

Multicultural Communication has produced a colourful A3 sized poster for display in hospitals, health centres and waiting rooms. It promotes multilingual health information and is aimed both at health workers and the public. If you would like to order one or more posters please use the order form enclosed in this newsletter.

## Preventing tragic accidents in driveways

On average, one child a week in Australia is run over in a driveway. As part of a campaign to improve driveway safety, Multicultural Communication has been funded by the Motor Accidents Authority of NSW to produce information for non-English speakers.

A brief message on driveway safety in eight languages is already on our website. Radio announcements in Arabic, Cantonese, Mandarin and Vietnamese will be ready soon, and sent to all stations that broadcast in these languages.

## Polynesian communities – a snapshot from the Census

As a group, Polynesian people represent one of the largest migrant communities from a non-English speaking background in NSW, according to the 2001 ABS Census.

Information from the 2001 Census also shows that Polynesian communities report a relatively high level of English language proficiency. In NSW, only 12% of Tongan speakers and 10% of Samoan speakers reported having problems with speaking English.

Country of birth	Ancestry for Birthplace - New Zealand	Total
	NZ Maori: 14506	14506
Samoa: 6452	Samoan: 3876	10328
Tonga: 5093	Tongan: 706	5799
Cook Islands: 2079	Cook Islander: 790	2869
Fiji: 3703	Fijian: 94	3797
Niue: 228		
Tokelau: 146		
		<b>37299</b>

The information in the above table is compiled from the 2001 ABS Census. The table lists both people who indicated a Pacific Island country as their place of birth and people born in New Zealand who indicated their Pacific Island or Maori ancestry. Finally, to differentiate Fijians from Fijian-Indians, language spoken at home was used to identify this group.

We have identified Polynesians as a group who require health resources, but in a low literacy /plain English format.

## Our resources included in new drug information project for public libraries

'Drug Information@Your Local Library' is a State Library of NSW project to provide accurate information on drugs and alcohol to the public via central libraries in NSW.

A joint project with the NSW Premier's Department, the project has put together a collection of books and pamphlets for each library, and established a new website, <http://diayll.sl.nsw.gov.au> with a broad range of drug and alcohol information including:

- Information to assist parents and families in dealing with drug issues
- Information for people who know someone who uses drugs.
- Information on specific drugs
- Information to assist Local Community Drug Action Teams.
- Statistics and policy frameworks
- Information to local services.

Some of the information is multilingual and several Multicultural Communication resources are included both on the site and among the resources for libraries.

## Publications withdrawn from Website since March, 2003

Subject	Title	Publication Type/Number
Health Services	Problems with health care? It's your right to complain	BHC 3400
Pregnancy and Post-Natal	Eating for a healthy pregnancy	BHC 3220
Forms, Letters and Signs	Personal Health Record	HTS 658
Hepatitis	Hepatitis C	SAQ 5950
Infant Health	Home safety check list	AHS 6035

## Multilingual resources recently added to Multicultural Communication's website

<b>Title:</b> Asthma Facts <b>Topic area:</b> Asthma	<b>Languages:</b> Chi, Vie
<b>Title:</b> Asthma First Aid Plan <b>Topic area:</b> Asthma	<b>Languages:</b> Chi, Vie
<b>Title:</b> The healthy diet pyramid <b>Topic area:</b> Nutrition	<b>Languages:</b> Ita, Mac, Pol, Vie
<b>Title:</b> How Breastfeeding works <b>Topic area:</b> Pregnancy and Post-Natal	<b>Languages:</b> Ara,Chi,Eng,Scr, Far,Khm,Kor,Mac,Spa,Tur,Vie.
<b>Title:</b> First Feeds- Putting Your Baby to the Breast <b>Topic area:</b> Pregnancy and Post-Natal	<b>Languages:</b> Ara,Chi,Eng,Scr, Far,Khm,Kor,Mac,Spa,Tur,Vie.
<b>Title:</b> Engorgement and Coping With an Oversupply <b>Topic area:</b> Pregnancy and Post-Natal	<b>Languages:</b> Ara,Chi,Eng,Scr, Far,Khm,Kor,Mac,Spa,Tur,Vie.
<b>Title:</b> Blocked Ducts and Mastitis <b>Topic area:</b> Pregnancy and Post-Natal	<b>Languages:</b> Ara,Chi,Eng,Scr, Far,Khm,Kor,Mac,Spa,Tur,Vie.
<b>Title:</b> Sore and Cracked Nipples <b>Topic area:</b> Pregnancy and Post-Natal	<b>Languages:</b> Ara,Chi,Eng,Scr, Far,Khm,Kor,Mac,Spa,Tur,Vie.
<b>Title:</b> Increasing Your Milk supply <b>Topic area:</b> Pregnancy and Post-Natal	<b>Languages:</b> Ara,Chi,Eng,Scr, Far,Khm,Kor,Mac,Spa,Tur,Vie.
<b>Title:</b> The Complementary Feed <b>Topic area:</b> Pregnancy and Post-Natal	<b>Languages:</b> Ara,Chi,Eng,Scr, Far,Khm,Kor,Mac,Spa,Tur,Vie.
<b>Title:</b> Working and Breastfeeding <b>Topic area:</b> Pregnancy and Post-Natal	<b>Languages:</b> Ara,Chi,Eng,Scr, Far,Khm,Kor,Mac,Spa,Tur,Vie.
<b>Title:</b> How to Express Breastmilk <b>Topic area:</b> Pregnancy and Post-Natal	<b>Languages:</b> Ara,Chi,Eng,Scr, Far,Khm,Kor,Mac,Spa,Tur,Vie.
<b>Title:</b> How to Store Breastmilk <b>Topic area:</b> Pregnancy and Post-Natal	<b>Languages:</b> Ara,Chi,Eng,Scr, Far,Khm,Kor,Mac,Spa,Tur,Vie.
<b>Title:</b> Questions section from Personal Health Record Book in preparation for each early childhood visit: <b>Topic area:</b> Infant Health Before your baby's first health check p48 Before your child's 6-8 weeks health check p53 Before your child's 6-8 months health check p59 Before your child's 18 month health check p66 Before your child's 2½ -3½ years health check p71.	<b>Languages:</b> Ara; Chi; Eng,Vie
<b>Title:</b> Chlamydia (Poster) and Chlamydia (Flyer) <b>Topic Area:</b> Sexual Health <b>Summary:</b> Now the most reported bacterial STI in NSW. Just because your patients don't show it*...doesn't mean they don't have it.	<b>Languages:</b> Ara,Chi;Eng,Koo,Kor,Spa.Vie
<b>Title:</b> Newborn screening: Test to protect your baby <b>Topic Area:</b> Infant Health <b>Summary:</b> Routine test for newborn babies in NSW.	<b>Languages:</b> Ara,Chi,Eng,Ind,Jap,Khm,Kor, Scc,Tur,Vie

<b>Deadline for next edition:</b> 20 <sup>th</sup> September, 2003	Polyglot is published by NSW Multicultural Health Communication Service. Articles for inclusion can be sent to Cecilia George, NSWMHCS, Sydney Hospital & Sydney Eye Hospital, P.O. Box 1614, Sydney, NSW 2001. fax no. (02) 9382 7517 email: <a href="mailto:georgec@sesahs.nsw.gov.au">georgec@sesahs.nsw.gov.au</a> .
---	--

**MULTICULTURAL COMMUNICATION  
POSTER**



Multicultural Communication has produced a colorful A3 sized poster for display in hospitals, health centres and waiting rooms. It promotes multilingual health information and is aimed both at health workers and the public.

If you would like to order one or more posters, please fill in the form below and fax it back to us.

There is no charge for the poster.

Please Fax the order form to:  
(02)9382 7517

**OR**

Email the order form to:  
georgec@sesahs.nsw.gov.au

**ORDER FORM for: MULTICULTURAL COMMUNICATION POSTER**

Name:	
Position:	
Dept/Organisation:	
Address:	
No. of Posters required:	

**To be faxed to: (02) 9382 7517 OR emailed to: georgec@sesahs.nsw.gov.au**



**Visit: [www.mhcs.health.nsw.gov.au](http://www.mhcs.health.nsw.gov.au)**

**NSW Health Employees: <http://internal.health.nsw.gov.au/health-public-affairs/mhcs>**

**For FREE multilingual  
health resources**

**multi  
cultural  
communication**  
NSW Multicultural Health  
Communication Service

A service of:  
**NSW HEALTH**