Recognising health resources in languages other than English
The Multicultural Health Communication Awards Program was established in 2003 by the NSW Multicultural Health Communication Service (MHCS) for health staff and staff of health funded organisations including non-government organisations that produce multilingual health resources.

The Awards Program encourages good practice in multicultural health communication and ensures that bilingual resources are recognised, promoted and distributed. These resources will be uploaded on the MHCS website: www.mhcs.health.nsw.gov.au

MHCS would like to congratulate the individuals and organisations that have submitted their outstanding applications for this year’s Multicultural Health Communication Awards. We commend their continuous work in targeting the growing health needs of multicultural communities.

We would also like to thank our independent panel of judges for their valuable support for this year’s Awards.
The 2015 NSW Multicultural Health Communication Awards applications:

**AUDIO VISUAL**

**Organisation:** South Eastern Sydney LHD (SESLHD)

**Resource:** Alive and Out There

**Description:** Alive and Out There is a DVD package based on the innovative theatre based health promotion project coordinated by the Multicultural Health Service, SESLHD with funding support from the Cancer Institute NSW. Project partners also included the Cancer and Palliative Care Stream of the SESLHD. The project targeted stigma related to cancer in the Arabic, Greek and Macedonian speaking communities.

**Languages:** Arabic, English, Greek and Macedonian

**Organisation:** Western Sydney Chinese Workers Network

**Resource:** Open the path for happiness

**Description:** Voice over of 2 DVDs in Cantonese and Mandarin

The law and you: explains about the context of domestic violence and how the apprehended violence order works to protect victim of domestic violence.

Talk to me: shows the scenario of police attending a domestic violence call at the caller’s address.

**Languages:** Cantonese and Mandarin

**Organisation:** Sydney LHD and Inner West Sydney Medicare Local

**Resource:** The Greatest Gift You Can Give Your Family Is Your Health

**Description:** ‘The Greatest Gift You Can Give Your Family Is Your Health’ was an innovative Can Get Health radio campaign targeted at the Arabic-speaking community residing in the Canterbury area, encouraging the community to make healthy lifestyle changes to combat increasing rates of type 2 diabetes.

**Languages:** Arabic
**Organisation:** Cancer Council NSW

**Resource:** Change of Our Lives

**Description:** Change of Our Lives is a comedy drama with themes of family, community and friendship. It tackles the taboo disease hepatitis B while also being a compelling Vietnamese story in its own right.

**Languages:** English and Vietnamese

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**Organisation:** Cancer Council NSW

**Resource:** Share Your Story: Living with Hepatitis B

**Description:** The Share Your Story documentary is a way for people diagnosed with chronic hepatitis B to talk about their experience with the disease in their day-to-day lives. Sharing hepatitis B stories is a way to normalise the disease and start conversations in the community.

**Languages:** English and Vietnamese

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**Organisation:** Cancer Council NSW

**Resource:** Understanding Liver Cancer

**Description:** The Understanding Liver Cancer DVD was produced through consultation with people affected by liver cancer, who shared their experiences in seeking information about a liver cancer diagnosis. The resource features liver specialists, surgeons, liver clinic nurses and other experts answering the most common questions raised by patients and their carers.

**Languages:** Cantonese, English, Mandarin and Vietnamese
**Organisation:** Cancer Institute NSW

**Resource:** Your guide to breast and cervical screening

**Description:** The Institute produced a series of in-language videos to encourage more Arabic-speaking and Mandarin-speaking women to have regular mammograms and Pap tests. Your guide to breast and cervical screening is a suite of videos for Arabic-speaking and Mandarin-speaking women, available with either in-language or English subtitles (a plain English version of the DVDs has also been produced).

**Languages:** Arabic and Mandarin

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**Organisation:** Centre for Health and Social Research, Mary MacKillop Institute for Health Research, Australian Catholic University

**Resource:** Blood From Everyone For Everyone: Information for the African community about blood donation in Australia

**Description:** The short film provides information about blood donation in Australia. It includes details on who can give blood, the donation process, and what happens to donated blood both from a clinical and patients perspective.

**Languages:** Arabic, English, Kirundi and Swahili

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**Organisation:** Co.As.It

**Resource:** Barriers to respite care for Italian carers

**Description:** A YouTube film showing an Italian female carer talking about her experience in choosing to use respite for her mother.

**Languages:** English and Italian
**Organisation:** Co.As.It

**Resource:** Italian Language Heard

**Description:** A YouTube film featuring Haydee, Recreational Officer, talking about the importance of hearing the Italian language. This resource is for older Italians living in residential aged care facilities.

**Languages:** English and Italian

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**Organisation:** Co.As.It

**Resource:** Mr. Marcellino

**Description:** A YouTube film featuring Mr. Marcellino an older Italian single man, talking about his life back home in Italy and how he copes living alone in Australia.

**Languages:** English and Italian

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**Organisation:** Illawarra Shoalhaven LHD (ISLHD)

**Resource:** Eat well, age well. Nutrition for the older person

**Description:** A nutrition education DVD to promote healthy eating for the older person. This resource addresses the nutrients at risk, specific to older people. The DVD is divided into segments that can be shown individually or as a whole. Each segment is introduced by a GP and features local community members. It aims to promote discussion as well as awareness of the importance of nutrition for successful aging.

The DVD covers 6 topics: Eating well when you are older, Calcium, Vitamin D, Fibre, Fluid, and Diabetes.

**Languages:** Greek, Macedonian and Mandarin
**Organisation:** Family Planning NSW

**Resource:** Untold Stories: Experiences of Cervical Cancer Screening

**Description:** Untold Stories: Cervical Cancer Screening is a series of audio visual ‘stories’ based on real life experiences of everyday people. Gathered from interviews with women from different cultural backgrounds, this digital storytelling project features culturally diverse women sharing their experiences of cervical cancer screening in both their first language and English.

**Languages:** Arabic, Assyrian, Dari, French, Hindi, Karen, Khmer, Mandarin, Nepalese, Turkish and Vietnamese

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**Organisation:** South Western Sydney LHD

**Resource:** Carer, It Is Your Time Now

**Description:** “Carer, it is your time now” provides information to Arabic speaking carers and their families on how to look after themselves when providing support to others. The DVD aims to improve the knowledge of participants about respite services that are available to them, but most importantly how to focus on self-care through the power of positive mindset, visualisation, breathing and stretching.

**Languages:** Arabic

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**Organisation:** Bankstown City Council

**Resource:** I feel loved I feel happy

**Description:** The children’s booklet / brochure provides multicultural families with information to help them build strong attachments with their children during the Attachment Phase of a child’s development stage.

**Languages:** Arabic, Chinese, English, Persian and Vietnamese
**Organisation:** Centre for Health and Social Research, Mary MacKillop Institute for Health Research, Australian Catholic University

**Resource:** Blood From Everyone For Everyone: Information for the African community about blood donation in Australia

**Description:** The booklet / brochure provides information about blood donation in Australia. It includes details on who can give blood, the donation process, and what happens to donated blood both from a clinical and patients perspective.

**Languages:** Arabic, English, Kirundi and Swahili

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**Organisation:** Clinical Excellence Commission (CEC)

**Resource:** A general guide to blood transfusion: Information for patients and families

**Description:** The flyer provides answers to some common questions about blood transfusion including what a blood transfusion is and why you may need one; how you can reduce your risks of needing a blood transfusion; and what commonly happens if you do need one.

**Languages:** Arabic, Chinese Simplified, Chinese Traditional, English, Filipino, Greek, Hindi, Italian, Korean, Macedonian, Russian, Spanish and Vietnamese. Under consideration: Dari, Farsi and Turkish.

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**Organisation:** Clinical Excellence Commission (CEC)

**Resource:** Paediatric Falls Prevention Flyer for Parents

**Description:** The flyer provides information for parents of children in hospitals to raise awareness of falls prevention.

**Languages:** Arabic, Chinese, French, Hindi, Japanese, Korean, Swahili and Vietnamese
**Organisation:** Fairfield Hospital Nutrition and Dietetics

**Resource:** Dietary Management of Diabetes

**Description:** The factsheet provides information on the background of diabetes, carbohydrate, vegetables, protein, fats, alcohol, exercise, carbohydrate exchanges and sample meal plan.

**Languages:** Chinese and English

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**Organisation:** Illawarra Shoalhaven LHD (ISLHD) Public Health Unit

**Resource:** Free Pneumococcal Vaccine For Older People: A Consumer Awareness

**Description:** The multilingual flyer aims to raise disease awareness and the importance of vaccination in CALD communities for people aged 65 years and over in the Illawarra Shoalhaven LHD.

**Languages:** Arabic, Burmese, Chinese, English, Greek, Italian, Macedonian and Vietnamese

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**Organisation:** Justice Health and Forensic Mental Health Network

**Resource:** Trash the Ash

**Description:** Trash the Ash is a prison specific smoking cessation booklet / brochure that has been developed for distribution among the NSW inmate population. All NSW prisons are smoke free as from 10 August 2015 and this brochure is one of a suite of resources that have been developed to assist inmates in the transition from smoking to non smoking.

**Languages:** Arabic, Chinese Simplified, Chinese Traditional, Spanish and Vietnamese
**Organisation:** NSW Refugee Health Service

**Resource:** How to keep your teeth healthy

The Oral Health Fact Sheet “How to keep your teeth healthy” was developed to improve oral health knowledge and practices among refugees. It provides four key messages: Eat well; Drink Well; Clean Well; and Stay Well - to empower refugees to make healthy dietary and drink choices and thereby reduce their dental problems. The second page of the fact sheet provides important messages on how to keep babies’ and children’s’ teeth healthy.

**Languages:** Arabic, Burmese, Dari, English, Farsi, Karen, Nepali and Tamil

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**Organisation:** Sydney LHD (SLHD)

**Resource:** Hepatitis B Positive What You Need To Know

**Description:** The brochure was developed by the Multicultural Health Service SLHD in partnership with the Korean Health Committee. It contains information on ‘how hepatitis B affects you’, the importance of regular check-ups, treatment and medicine for hepatitis B, ‘how to maintain a healthy life’ and ‘where you can get help’.

**Languages:** English and Korean

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**Organisation:** South Eastern Sydney LHD (SESLHD)

**Resource:** How to use an outdoor gym

**Description:** The booklet / brochure is a guide that details and prescribes instructional use on how to use various outdoor gym equipment for all levels of fitness.

**Languages:** English, Chinese Simplified and Chinese Traditional
**Organisation:** South Western Sydney LHD (SWSLHD)

**Resource:** The Healthy Arabic Women Community Kitchen Recipe Book

**Description:** The recipe book consists of 27 Arabic traditional modified recipes in English and Arabic languages. The resource was collected through a weekly healthy community kitchen program run at Urana Street, Villawood from June to December 2013, with Arabic women from a range of diverse backgrounds including refugee women, Iraqi, Syrian, Jordanian, Palestinian and Lebanese.

**Languages:** Arabic and English

**Organisation:** South Western Sydney LHD (SWSLHD)

**Resource:** Planning for your Future – An education program for CALD older people and their families

**Description:** The Planning for your future booklet / brochure is part of a bilingual education program targeting people 55 years and older and their families from CALD backgrounds. The aim of the program is to assist participants in understanding and developing their skills to make informed choices about planning ahead.

**Languages:** Assyrian, Chinese, Khmer, Spanish, Tamil and Vietnamese

**Organisation:** South Eastern Sydney LHD (SESLHD)

**Resource:** Caring for your Cannula

**Description:** SESLHD Infection Control Committee and St George Hospital IVC Working Party developed the intravenous cannula care (IVC) fact sheet into the top 10 languages to accommodate patients from CALD backgrounds. This is part of the “enable project” enhancing intravenous cannula care by patients from culturally and linguistically diverse backgrounds.

**Languages:** Arabic, Chinese Simplified, Chinese Traditional, Greek, Indonesian, Italian, Macedonian, Russian and Spanish
<table>
<thead>
<tr>
<th>Organisation</th>
<th>Resource</th>
<th>Description</th>
<th>Languages</th>
</tr>
</thead>
<tbody>
<tr>
<td>SCARF (Strategic Community Assistance to Refugee Families)</td>
<td>Quit Smoking “Protecting Family Health”, Quit Smoking “Protecting Pregnancy and Family”, Quit Smoking “Protect Lifelong Health”, Who Benefits When I Quit Smoking?</td>
<td>The brochure / booklet outlines dangers of smoking and the benefits of quitting smoking for individuals, their families and the community.</td>
<td>Burmese</td>
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<tr>
<td>South Western Sydney LHD and Western Sydney LHD</td>
<td>The Australian Guide to Healthy Eating</td>
<td>The Australian Dietary Guidelines flyer provides advice about the amount and kinds of foods that adults and children need for good health and wellbeing. Following the recommended dietary patterns, ensures an adequate consumption of nutrients essential for good health and contributes to a reduction in the risk of chronic health problems such as heart disease, type 2 diabetes, some cancers and obesity.</td>
<td>Arabic, Chinese Simplified, Dari, English, Hindi, Khmer, Korean, Punjabi, Tagalog, Tamil, Turkish and Vietnamese</td>
</tr>
<tr>
<td>Sydney LHD (SLHD) Multicultural Health Service</td>
<td>Falls Prevention - Home Exercises</td>
<td>The Falls Prevention - Home Exercises factsheet, provides exercises designed to increase stability, balance and build strength to prevent falls. The template of the resource was printed with permission from the Clinical Excellence Commission.</td>
<td>Croatian, Macedonian, Portuguese and Serbian</td>
</tr>
</tbody>
</table>
Organisation: Transcultural Mental Health Centre

Resource: Consumer Medication Brochure Series:
- Antipsychotic Medications
- Benzodiazepines
- Bipolar Disorder – how medicine can help
- Clozapine
- Depression – how medicine can help

Description: The Consumer Medication Brochure series consists of five brochures, each containing in-depth information relating to specific types of mental health disorders and the use of medications, including detailed definitions and explanations of key terms. The brochures also provide a thorough guide for consumers, outlining necessary information about taking certain types of medications including side effects, prescribing information, how medicines work and where to seek further assistance if required.

Languages: Arabic, Chinese Simplified, Chinese Traditional, Dari, English, French, Greek, Hindi, Indonesian, Italian, Korean, Punjabi, Spanish, Tamil, Turkish and Vietnamese

WEB

Organisation: Co.As.IT

Resource: www.coasitagedcare.org.au

Description: www.coasitagedcare.org.au is a website that contains resources and information in English and Italian which will assist aged care workers to deliver culturally and linguistically appropriate care to Italian Australians. The ‘Caring for older Italians’ website is a ‘one stop shop’ for any service provider who has Italian clients and requires information, resources, and language support. It contains a comprehensive range of information, videos and audio files on key topics such as the migration experience, language, religion and social customs.

Languages: English and Italian
Organisation: ISLHD / Centre for Health Initiatives (UOW)


Description: The Cancer Good News Project website aims to raise discussion about cancer, reduce stigma and increase awareness of the benefits of early screening and diagnosis with the Macedonian and Serbian communities. The resources produced include language specific radio scripts on breast and bowel cancer screening (written scripts in English), newsletters, community education powerpoints and language specific webpages (http://cancer-goodnews.com.au).

Languages: English, Macedonian and Serbian

Organisation: NSW Refugee Health Service

Resource: Appointment Reminder Translation Tool

Description: The web-based Appointment Reminder Translation Tool aims to improve attendance and reduce no-shows by allowing health services to give the client their appointment details in their own language.

The Tool covers major migrant languages and is available across LHD and state boundaries and is applicable to both private and public health services.

Languages: Arabic, Assyrian, Bahasa Indonesian, Burmese, Chinese Simplified, Dari, Farsi, French, Hindi, Karen, Khmer, Kirundi, Korean, Krio, Macedonian, Nepali, Russian, Serbian, Spanish, Somali, Swahili, Tamil, Tibetan, Turkish, Urdu and Vietnamese.
For more information about the Multicultural Health Communication Awards, please contact:

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