

# POLYGLOT

News from the NSW Multicultural Health Communication Service

*better health through better communication*

Spring 2015 Edition

## Director's Message

Welcome to the Spring Edition of Polyglot.

We received an outstanding range of applications for this year's Multicultural Health Communication Awards. I congratulate all the individuals and organisations who continue to work hard in producing excellent resources for multicultural communities.

I want to also thank everyone involved in making Multicultural Health Week 2015 a successful initiative. High quality resources have been produced for culturally and linguistically diverse consumers as well as for health professionals, in partnership with the Multicultural Health Service Directors and their teams, Health Care Interpreter Service Managers, Clinical Excellence Commission, Australian Commission on Safety and Quality in Health Care with the help of Clinical Governance Units across the local health districts.

We also want to thank the South Eastern Sydney Local Health District for recognising the work of the Pink Sari Project by awarding us the Excellence and Innovation Award. Read all that and more in this edition of Polyglot.

It has been an exciting year so far for our team here at the NSW Multicultural Health Communication Service. I want to extend a big thank you to you all because we couldn't have done all this wonderful work without all your support and encouragement.

Best wishes,  
**Peter Todaro**  
MHCS Director



## 2015 Multicultural Health Communication Awards Winners

### AUDIO VISUAL

Western Sydney Chinese Workers Network  
Govt under \$5,000

DVD - *Open the path for happiness*

Family Planning NSW Health Promotion Unit  
Govt over \$5,000

DVD - *Untold stories: Experiences of cervical cancer screening*

Hepatitis B Positive Program, Cancer Council NSW  
NGO over \$5,000

DVD - *Understanding liver cancer*

Screening and Prevention, Cancer Institute NSW  
NGO over \$5,000

DVD - *Your guide to breast and cervical screening*

### PRINT

NSW Refugee Health Service (RHS), NSW Centre for Oral Health Strategy (COHS)  
Govt under \$5,000

Fact Sheet - *How to keep your teeth healthy*

St. George Hospital IVC Working Party, SESLHD Infection Control Committee  
Govt over \$5,000

Fact Sheet - *Caring for your cannula*

Transcultural Mental Health Centre  
Govt over \$5,000

Booklet / Brochure - *Consumer Medication Brochure Series*

Centre for Health and Social Research, Mary MacKillop Institute for Health Research, Australian Catholic University; Department of Marketing, Deakin University; School of Social Sciences and Psychology, University of Western Sydney; Australian Red Cross Blood Service  
NGO over \$5,000

Booklet / Brochure - *Blood from everyone for everyone: Information for the African community about blood donation in Australia*

Multicultural Health Service, Sydney Local Health District; Korean Health Committee  
Govt under \$5,000

Booklet / Brochure - *Hepatitis B positive what you need to know*

Infectious Diseases Public Health Unit  
Govt under \$5,000

Flyer - *Free Pneumococcal vaccine for older people: A consumer awareness flyer*

## Awards Winners

### PRINT

Clinical Excellence Commission Blood Watch Program  
Govt over \$5,000  
Flyer - *A general guide to blood transfusion: Information for patients and families*

### WEB

NSW Refugee Health Service  
Govt over \$5,000  
Web - *Appointment reminder translation tool*  
Co.As.It. Italian Association of Assistance  
NGO over \$5,000  
Web - *www.coasitagedcare.org.au*

## Storytellers inspire audiences with their life giving stories



Five storytellers touched by organ and tissue donation inspired close to 200 people on 15th August at the Italian Forum in Leichhardt, Sydney.

Directed by master storyteller and photogram William Yang and producer Annette Shun Wah, Life Giving Stories was an inspiring storytelling event which brought together Fulvia Nisyrios, Melissa Kozlina, Jaime Estrada, Bruno Orsatti, Rosemarie and Oliver Zammit – five storytellers from culturally and linguistically diverse backgrounds who told their moving personal stories about their lives.

It was an incredible event which touched the audiences who gave up their weekend to be inspired by the storytellers who revealed engaging and moving insights into family, ambition, determination and hardship.

The storytelling initiative was produced by the NSW Multicultural Health Communication Service (MHCS) in collaboration with the NSW Organ and Tissue Donation Service, Performance 4A and Co.As.It. to increase awareness and highlight the importance of organ and tissue donation in multicultural communities.

## Multicultural Health Week 2015: Celebrating Rights and Responsibilities

The Hon Jillian Skinner MP, Minister for Health launched this year's Multicultural Health Week (7th – 13th September) with the theme 'Rights and Responsibilities: Get involved in your health care' on Monday 7th September at the NSW Parliament house.

MHCS partnered with the Clinical Excellence Commission, Australian Commission on Safety and Quality in Health Care, the NSW Multicultural Health Service Directors and the Health Care Interpreter Service Managers to promote the benefits of better communication for health services and culturally and linguistically diverse communities to play a more active role in their health care.

Resources launched for Multicultural Health Week 2015:

- 'Working with Interpreter in the Health Care Setting' Video
- 'Get involved in your health care' Postcards (Arabic, Simplified Chinese, English, Tamil and Vietnamese)
- 'Get involved in your health care' Poster (English)
- 'Your rights and responsibilities: Get involved in your health care' video (Arabic, English and Korean)

Updated versions of the NSW Multicultural Health Services Directory Booklet and Languages of the World Booklet are available online.

Download all these resources from [www.multiculturalhealthweek.com](http://www.multiculturalhealthweek.com)





## Pink Sari Project Wins Excellence of Innovation Award

The Pink Sari Project has won the iiHUB Director's Award for Excellence at the 2015 South Eastern Sydney Local Health District (SESLHD) Improvement Awards in July.

The Pink Sari Project is a community initiative led by MHCS in partnership with BreastScreen NSW and Refugee Health Service and funded by the Cancer Institute NSW with the support of the University of Technology Sydney which aims to increase awareness of low participation rates in the BreastScreen NSW program among Indian and Sri Lankan women in NSW.

Since the project's launch in September 2014 to August 2015, there has been a marked increase in breast screen participation for women 50-79 who speak Tamil or Hindi in NSW. This is a clear indication that the approaches undertaken for this campaign have been effective.

The success of the Pink Sari Project is greatly due to the support of the Indian and Sri Lankan communities who have embraced this initiative whole heartedly.



Trish Bradd, SESLHD Director, Improvement and Innovation, MHCS Director Peter Todaro, Charu Bhatia of SAHELI and MHCS Communication Manager Michael Camit

## Portraits in Pink Photo Exhibition

The Pink Sari Project held a photo exhibition-first entitled Portraits in Pink from 24th August to 7th September at the Blacktown Arts Centre which featured portraits of 14 breast cancer survivors taken by 14 professional photographers from Indian and Sri Lankan backgrounds.

The photographers have volunteered their time to address a "culture of silence" on breast cancer in the two communities which, according to the Cancer Institute NSW, have some of the lowest screening rates for breast cancer in the state.

A special media viewing of the exhibition was held on 27th August which was attended by breast cancer survivors, partner community organisations, stakeholders, media and Pink Sari Project supporters.

To view the stories and photos from the Portraits in Pink exhibition, visit [www.issuu.com/pinksariproject/docs/portraits\\_in\\_pink\\_book\\_lr](http://www.issuu.com/pinksariproject/docs/portraits_in_pink_book_lr)



## Fabulously Pink Fashion Show

Over 400 people attended the Fabulously Pink Fashion Show and information session organised by the Sri Lankan Association NSW on 28th June at Castle Hill to raise awareness about breast screening amongst the Sri Lankan community to support the Pink Sari Project.

The designs by Dilini Janaratne at the fashion parade showcased glamorous pink saris modelled by young ladies from the community who volunteered their time for the cause.

At the event, two inspiring digital stories were launched featuring breast cancer survivors Padmini Peris and Lanchani Gamage who shared their breast cancer journey which moved the audience to tears.

To watch Padmini and Lanchani's digital stories, visit [www.pinksariproject.org/Support\\_us.aspx?ID=3](http://www.pinksariproject.org/Support_us.aspx?ID=3)



## What's new on the MHCS website

### NEW PUBLICATIONS

The Pain Toolkit

What is a trial of void?

What you need to know about your supra pubic catheter

Kids Don't Fly Poster

Kids Don't Fly Check List

Kids Don't Fly Brochure

Kids Don't Fly Product Guide

Oral health during pregnancy

Blue Book Questions for Parents Poster

Blue Book Questions for Parents Leaflet

A General Guide to Blood Transfusion: Information for Parents and Families

Joint Replacement - What to Expect While You Are in Hospital

Bladder diary

Tips to help you empty your bladder

### LANGUAGES

[Arabic](#), [Chinese Traditional](#), [English](#), [Greek](#), [Italian](#), [Macedonian](#), [Russian](#), [Spanish](#)

[Arabic](#), [Chinese Simplified](#), [Chinese Traditional](#), [English](#), [Greek](#), [Italian](#), [Spanish](#)

[Arabic](#), [Chinese Simplified](#), [Chinese Traditional](#), [English](#), [Greek](#), [Italian](#), [Spanish](#)

[Arabic](#), [Chinese Traditional](#), [English](#), [Farsi](#), [Khmer](#), [Korean](#), [Punjabi](#), [Spanish](#), [Tamil](#), [Turkish](#), [Vietnamese](#)

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[English](#)

[English](#)

[Arabic](#), [Chinese Simplified](#), [Chinese Traditional](#), [English](#), [Farsi](#), [Filipino](#), [Greek](#), [Hindi](#), [Italian](#), [Korean](#), [Russian](#), [Spanish](#), [Turkish](#), [Vietnamese](#)

[Arabic](#), [Chinese Traditional](#), [English](#), [Greek](#), [Italian](#), [Russian](#), [Spanish](#)

[Chinese Simplified](#), [English](#), [Greek](#), [Indonesian](#), [Russian](#), [Spanish](#), [Turkish](#)

[Arabic](#), [Chinese Simplified](#), [Chinese Traditional](#), [English](#), [Greek](#), [Italian](#), [Spanish](#)

For more information, contact MHCS Systems Manager, Rajan Manickarajah on **02 8753 5009** or email [rajan.manickarajah@sesiahs.health.nsw.gov.au](mailto:rajan.manickarajah@sesiahs.health.nsw.gov.au).

If you have stories, ideas and images promoting health issues to multicultural communities, and would like to share them on Polyglot or on our Facebook page, please contact our Media Manager Jesusa Helaratne on **02 8753 5006** or email [jesusa.helaratne@sesiahs.health.nsw.gov.au](mailto:jesusa.helaratne@sesiahs.health.nsw.gov.au)