



Share with Us

MDAA Inc. Newsletter

March 2024

MDAA's Executive Update



**Malakai Madden -
Chairperson**

Dear Members, I would like to inform you of Susan Laguna's resignation from MDAA. Throughout her tenure from August 1994, until her resignation in February 2024, Susan fulfilled numerous roles within the organisation, ultimately serving as the Executive Director during her final seven years with MDAA. We extend our best wishes to her for all her future endeavours.

Alongside our Executive team, we are committed to championing the rights of multicultural people with disability. Our journey has been shaped by the stories, struggles, and triumphs of our members whose voices have often been marginalised or silenced.

It is with great enthusiasm that we work towards an inclusive society alongside each and every one of you. It is your resilience and determination that fuel my passion and drive for change.



**Yvonne Munce -
Executive Director**

At the heart of our organisation lies a steadfast dedication to amplifying your voice, ensuring that you are not only heard but also valued and respected. Together, we will strive to create a society where diversity is celebrated, and every individual has the opportunity to thrive. By breaking down barriers, challenging stereotypes, and building a more inclusive future for all.

I am excited to embark on this journey with you all, look forward to the incredible impact we will make together. With gratitude and determination,

Yvonne Munce - Executive Director

Time to renew your MDAA membership 1 July 2023

MDAA Membership Renewal for 2023/2024

Thank you for supporting MDAA through your membership. MDAA has been advocating for the rights of people from a Culturally and Linguistically Diverse (CALD)/Non-English Speaking (NES) background with disability for more than 25 years. We are looking forward to continuing to promote, protect and advocate for the rights of people with disability from CALD/NES background, their families and carers over the next 12 months and into the future. Your support as a member is important to MDAA, so please renew your membership when you receive this reminder.

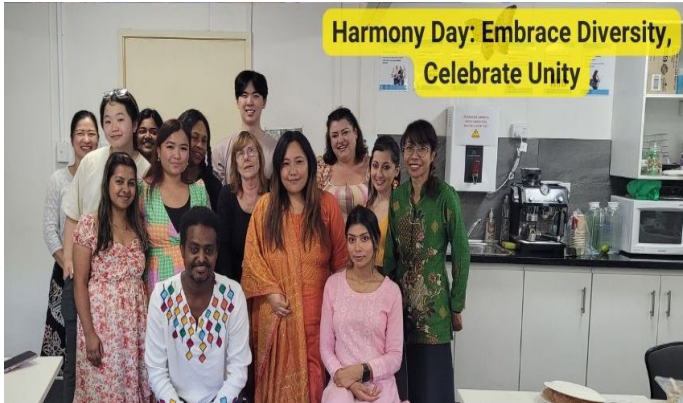
Please note: Your membership should be renewed to be eligible to vote at MDAA's AGM or to nominate for the Governance Committee. Kindly return the membership renewal form with the applicable fee. Please contact MDAA on (02) 9891 6400 for a renewal form.

MDAA gratefully acknowledges funding provided by the Australian Government through the Department of Social Services, Department of Communities and Justice

MDAA News

Harmony Week March 2024

MDAA staff and students came together on Tuesday, 19 March 2024 to share and savour cultural dishes as part of our celebration for Harmony Week. Some of the participants wore orange to show their support. Harmony Week is the celebration that recognises our diversity and brings together Australians from all different backgrounds.



International Women's Day 8 March 2024

MDAA staff held a morning tea to celebrate International Women's Day Friday 8 March 2024. We discussed this year's theme which was "*counting her in: investing in women and accelerating progress*" and what it meant to us. This focuses on the economic inclusion and empowerment of women and girls



MDAA Regional Visit March 2024

MDAA staff members, Abu Bakar and Simon Weldemichael visited the regions and caught up with Griffith CBSO Soheil Derakhshan. MDAA staff were also involved in various activities.

- Multicultural Festival at Queanbeyan Sunday 4 March 2024 promoting MDAA services.
- Visit to Griffith to meet with Danielle Thoner from One door Mental Health to discuss MDAA's goals and mission and how we can support CaLD people with disability in Griffith.
- Met with Griffith Police and provided MDAA services and the MDAA office at Griffith and received positive feedback from Griffith Police station.
- Visited Griffith Information Centre to promote MDAA and distributed flyers.
- Abu and Simon visited Griffith Public school and Murrumbidge Regional High school. Abu engaged with the School Principal discussing MDAA's Education program as well as MDAA services more broadly.
- MDAA staff traveled to Leeton and attended Leeton Visitors' Information Centre. They met with Ken Dachi, a Multicultural program coordinator with Leeton Shire Council, and Paul Maytom, president of Leeton Support Group. The health, rights and challenges faced by workers coming to Australia under the PALM scheme (seasonal workers picking fruit and other farm/abattoir/factory work) were identified. There is a lack of information regarding rights and alternative visa pathways for the PALM scheme workers.
- Next was a visit to the Multicultural Council of Wagga Wagga where our MDAA Griffith CBSO discussed collaboration to support CaLD people with disability in the Wagga area. Also discussed was the Education Program and any possible referral pathways.
- MDAA staff also visited Wagga Hospital which is the biggest in the region.

We want to thank Soheil for arranging meetings with stakeholders/services and guiding us through the trip. We believe the trip to the regions has been instrumental in promoting and strengthening MDAA relations in regional areas.



CBSO/DAFP Team Update

Capacity Building Support Officer (CBSO)-Disability Advocacy Futures Program (DAFP) Team

In the latest updates from the DAFP CBSO team, several activities have kept us engaged and committed to MDAA's mission and vision. We recently organised two informative sessions in collaboration with Carer's Gateway, shedding light on crucial information for caregivers. Additionally, fruitful discussions were held with Global Skills regarding potential employment pathways for individuals with disability, in addition to other employment organisations.

MDAA will organise a Disability Information Advocacy Session to Disability Specialists of Global Skills in April 2024. Our team actively participated in legal clinics and intake outreach in Fairfield, emphasising our dedication to providing valuable services to the community and ensuring we are always accessible.

On the education front, our team engaged in a constructive meeting with the Department of Education to discuss our ongoing initiatives. Plans are in place for upcoming visits to schools in the area, reinforcing our commitment to advocacy in the education space. In a broader outreach effort, we made significant strides by attending MDAA outreach events in Wagga Wagga, Griffith, Leeton, and Queanbeyan. Notably, our presence at the Queanbeyan Multicultural Festival, where we hosted a stall, exemplifies our dedication to fostering inclusivity and community engagement, ensuring everyone is aware of the free services provided by MDAA.

In addition to these events, the DAFP CBSO team actively participated in various interagency meetings across the Illawarra, Newcastle, and Western Sydney regions, ensuring our presence in key forums for collaboration and partnership. MDAA is now a member of the Disability Inclusion and Access Committee (DIAC) in Griffith City Council, emphasising our commitment to advancing disability inclusion. We are continuing computer classes in Griffith to enhance digital literacy, contributing to our mission of fostering a more inclusive and accessible community.



Contributions to the MDAA 'Share with Us' Newsletter

Attention MDAA Members - This is your newsletter- your stories, your ideas and your experiences are important to MDAA and its membership. Would you like to try writing something for the next Newsletter? The 'Share with Us' Newsletter is produced every three months.

'Share with Us' Newsletter deadlines for 2024:

Articles due in by: 21 June 2024 for sending out end of June 2024

Articles due in by: 20 September 2024 for sending out end of Sept 2024

Articles due in by: 16 December 2024 for sending out end of Dec 2024 or early Jan 2025

Carers Session 27 March 2024

MDAA CBSOs participated in the Carer Gateway spotlight session at Club Parramatta. MDAA was allocated a stall amongst the participating organisations. Other organisations included Services Australia, Identity NSW, Paramatta Council, Group Homes Australia and Combined Pensioners and Superannuants Association. Various participants from different organisations and consumers attended the session.

The spotlight session commenced with panelists from several organisations, including Your Side, Seniors Rights Service, Aged Care, and Care Finder. Following the panel discussion, there was an opportunity for an open floor Q&A session. The CBSO's also networked with others.



Pathways Symposium February 2024



In February 2024 MDAA held a stall at the Pathways to Possibilities Symposium 2024 event. It took place at Western Sydney University Bankstown and was organised by Settlement Services International - SSI.

It was a wonderful occasion to learn about how to make positive changes for the economic participation of people with disability and to connect with other organisations.

Ponds School Expo March 18 2024

MDAA Advocates, Dolma and Abu, had a fantastic time at the Ponds School Expo!

They connected with service providers and spoke with parents, teachers, and carers about MDAA services. It was all about building bridges and empowering communities together



Events at MDAA

Personal & Family Safety(PaFSM) workshop

The upcoming PaFSM workshop will be discussing self-care, wellbeing, mental health, how to cope with trauma and will be co-facilitated by MDAA staff and students. There will also be an art workshop for wellbeing. Morning Tea will be provided.

Where: Wollongong – Corrimal Community Centre and Library in the Lillypilly Room

When: 13th May 2024

Time: 11:30am -1:30pm

Aged Care Volunteer Visitors Scheme(ACVVS)

The Aged Care Volunteer Visitors scheme (ACVVS) visits aged people who:

- are socially isolated
- have frailty, mobility or communication impairment that prevents them from participating in any social or leisure opportunities
- do not have regular and reasonably frequent contact with friends and family

The ACVVS program at MDAA focuses on aged people from Culturally and Linguistically Diverse/non-English speaking (CALD/NES) background who live in Western Sydney, South West Sydney and Illawarra areas.

Who can get support from ACVVS?

- Residential Ages Care Facility (RACF) who do not have frequent engagement with friends or relatives
- A person living in their own home and receiving a Home Care Package (HCP)
- elderly people who are on the waiting list for HCP

MDAA's Social Circle program is a FREE service.

Please call our ACVVS staff on 02 9891 6400 or 1800 629 072 for assistance.

Cootamundra visit 3 May 2024

The poster features the MDAA logo at the top left, which includes a stylized 'G' and 'MDAA' text. To the right of the logo, it reads 'MULTICULTURAL DISABILITY ADVOCACY ASSOCIATION NSW INC (MDAA)'. The main title 'Conversations with Multicultural Communities' is in red and black, with a speech bubble icon. Below the title is the subtitle 'For people with disability, their family and carers from multicultural backgrounds'. The event details are: 'DATE: Friday, 3 May 2024' and 'TIME: 11AM - 2PM'. A list of topics includes 'MDAA Services', 'Disability advocacy', and 'What is important to you?'. The venue is 'Cootamundra Country Club, 94 Hurley St, Cootamundra NSW 2590'. It also notes '*Light lunch available*' and a deadline to 'Reply by Tuesday, 30 April 2024'. A small icon of a person with a speech bubble and the text 'Please tell us if you need an interpreter or special dietary requirements' is at the bottom left. At the bottom, there is a 'WANT TO KNOW MORE?' button and contact information: 'Phone: Sera - 02 9891 6400' and 'Email: mdaa@mdaa.org.au'.

MDAA will visit the regions in May focusing on the Cootamundra area. Topics will include

- MDAA services
- Disability advocacy
- What's important to you

For more information please call MDAA on 1800 629 072.

Information

P-CEP Peer Leadership Program

The P-CEP Peer Leadership Program, developed by QDN and the University of Sydney, supports learning in Person-Centred Emergency Preparedness (P-CEP) and Peer Leadership.

The P-CEP Peer Leadership Program uses the P-CEP Workbook that was co-designed by people with disability to prepare for their safety and wellbeing in emergencies. It draws on the research that informed person-centred and strengths-based approaches to making an emergency plan tailored to individual support needs in emergencies.

NEW workshops have been added for February and March 2024. Keep an eye on the website <https://qdn.org.au/our-work/disability-inclusive-disaster-risk-reduction/pcep-peer-leadership-program/> for dates and times. It is important to come to all 4 workshops in the series. Each workshop will go for 1 – 1.5 hours. Please contact the team on 1300 363 783 or didrr@qdn.org.au if you would like any more information,

P-CEP PEER LEADERSHIP PROGRAM - APPLY NOW!

QDN & the University of Sydney are looking for people with disability to take part in the P-CEP Peer Leadership Program and help raise awareness about emergency preparedness.

SPOTS ARE LIMITED!

MORE INFO BELOW

QDN **THE UNIVERSITY OF SYDNEY**

Dress for Success 1 May 2024

Dress for Success event will be held on 1st May 2024 at Bowman Hall in Blacktown.

The Dress for Success Event aims to reconnect women who have experienced barriers to employment and community with local organisations and service providers.

The event will feature a range of presentations, performances and stallholders. For more information please click on the following link:

<https://forms.office.com/r/c2TBWrbuK3>

DRESS For Success 2024

WEDNESDAY 1ST MAY 10 A.M - 2 P.M

BOWMAN HALL 30 CAMPBELL STREET BLACKTOWN

EXPRESSIONS OF INTEREST
Dress for success is a local event that aims to reconnect community members into employment, education and community engagement opportunities. Expressions of interest are now open to services and businesses to get involved in this exciting event.

- STALLHOLDERS**
Showcase your products or services to a diverse audience. Connect with potential clients and engage them into your service. Full stalls and shared stalls available.
- VOLUNTEERS**
Assist with the set up and delivery of the event to ensure a smooth experience for participants. Connect and get involved in your local community.
- SPONSORS**
Provide financial or in-kind donations for food, resources, products, prizes and giveaways. Build your brand awareness whilst giving back to create positive change.

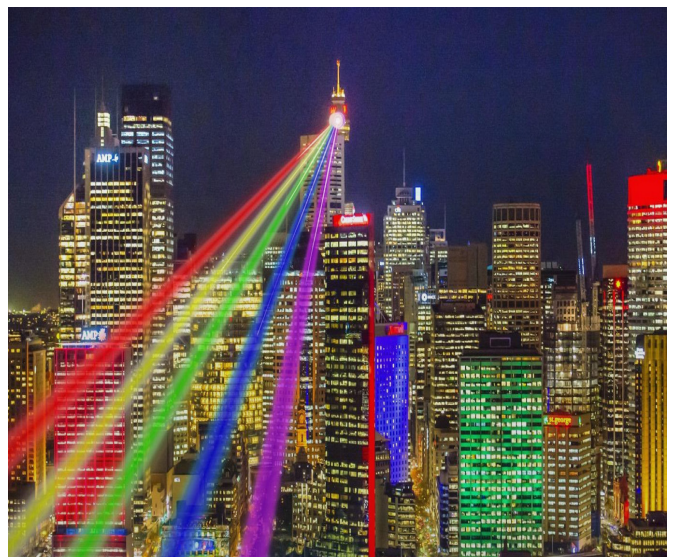
REGISTER ONLINE:

For more info contact events@iccsa.net.au

Vivid Sydney

Vivid Sydney is an annual celebration of creativity, innovation and technology, which transforms Sydney for 23 days and nights. In 2024, for its 14th year, Vivid Sydney will fuse art, innovation and technology in collaboration with some of the most boundary-pushing artists, musicians, thinkers and culinary experts of our time.

Mark the dates 24 May – 15 June 2024 in your calendar and explore the program of Light, Music, Ideas and Food, united by this year's artistic direction, "Vivid Sydney, Humanity". For more information: <https://www.vividsydney.com/>



Multicultural Food - Nigeria

Nigeria is a large, densely populated West African country on the Gulf of Guinea. Nigeria's coast is low-lying with lagoons and sandy beaches. There is a high plateau of extinct volcanoes in the centre of the country and a mountainous area. Nigeria is a multinational state inhabited by more than 250 ethnic groups speaking 500 distinct languages. Nigerian cuisine is known for its richness and variety. Many different spices, herbs, and flavourings are used to create deeply flavoured sauces and soups often made very hot with chilli peppers.

Jollof Rice

Ingredients For the sauce 3 red bell peppers, 3 Plum tomatoes, 1 medium onion, 2 scotch bonnet/habanero, 1/4 cup water

For the Jollof

1/2 cup oil, 1 medium onion sliced, 4 tablespoons tomato paste, 4 cloves garlic finely minced, 1 tablespoon ginger grated, 2 bay leaves, 1 tablespoon thyme, 1 tablespoon curry Powder, 1 teaspoon salt & white Pepper or black pepper to taste, 1 tablespoon chicken bouillon powder or 3 cubes, 4 cups long grain rice rinsed and drained, 3-4 cups chicken stock, 1 large tomato sliced, 1 medium onion sliced, 2 tablespoons butter at room temperature – optional



Method

- First, make the tomato-based sauce by blending together the red bell peppers (pimento), tomatoes, onion, and scotch bonnet. Heat the cooking oil in a large pan over medium heat, then add the diced onions and let them cook for about 3 minutes or until they are soft.
- Next, add the tomato paste and fry for about 5 minutes. Then stir in garlic, ginger, and bay leaves—leave to cook for 2 more minutes.
- Add the blended sauce and allow the pepper to cook until the water is reduced and the sauce become thick—about 10 to 15 minutes.
- Season with thyme, curry powder, bouillon cubes, salt, and pepper to taste. Cook for another 2 to 5 minutes.
- Add the rinsed rice to the sauce and stir until it is well coated with the sauce. Then add the chicken stock, stir briefly, cover with a tight-fitting lid, and bring to a quick boil over high heat.
- Once it begins to boil—after about 3 to 5 minutes, reduce the heat immediately to low and steam until the rice is done—about 30 minutes.
- Add the butter, sliced tomato, and onions, stir together briefly and turn off the heat. Cover it immediately so that the heat remaining in the rice can steam up the vegetables a little.
- Serve with sweet fried plantains, roasted chicken, or salad.

National Standards for Disability Services

Standard Two: Participation and Inclusion

The standard emphasises the importance of:

- promoting a valued role for people with disability in public and private life;
- connection to family, friends and chosen communities;
- economic and community participation and associated benefits to the individual and the broader community;
- participation based on an individual's interests, identity, heritage, preferences, goals and aspirations (which may change over time);
- the role of family, friends, carers, advocates and other organisations in promoting participation and inclusion.

Disclaimer: The views expressed in some articles of this newsletter are the authors' and may not reflect the views of MDAA.

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