

Focus

Newsletter of Northern Settlement Services Ltd

April 2021



*NSS Families Worker Miza proudly receiving
her Regional Community award from
The Hon Gladys Berejiklian MP, NSW Premier*



From the CEO
Sharon Daishe

CONGRATULATIONS MIZA TORLAKOVIC!

In this newsletter we congratulate and celebrate the work and passion of Miza Torlakovic, our long serving and deeply valued staff member who embodies the service ethic of Northern Settlement Services (NSS). NSS exists to serve the most **vulnerable and in Miza's own words, this is 'just what she does'**.

NSS is about to undertake a strategic planning process that includes revisiting the purpose of our not for profit organisation. In doing this, we will be guided by the heart, humility and compassion shown by Miza and the many like her who work not for profit themselves, but to help and support vulnerable individuals and communities.



Northern Settlement Services (NSS) family worker Miza Torlakovic was been awarded the **CommBank Regional Unity Medal at the 2021 Premier's Harmony Dinner on 13 March 2021.**

This annual event is a celebration of the diverse cultures, languages and religions of all citizens **in NSW. A highlight of the evening is the awarding of the Premier's Multicultural Community** Medals that recognise outstanding achievements.

Mr Jon Chin, chair of the NSS board, congratulated Miza for a well-deserved award on behalf of the NSS board.

"I congratulate Miza and express our deepest appreciation for the high standards and integrity that Miza has shown throughout her career," Mr Chin said.

"Miza has always gone above and beyond, and shown exceptional perseverance, compassion and commitment in meeting the needs of the multicultural communities here in the Hunter and Lake Macquarie."

NSS CEO Sharon Daishe said, "Miza's humility and servanthood speaks so much to the way that she has worked with multicultural families and communities over these past 26 years".

"I know that everyone across our multicultural communities in Newcastle and Lake Macquarie will join me in acknowledging and celebrating the hard work, compassion, resilience, and tireless advocacy that Miza and the NSS Families Team show every day."



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PREMIER'S HARMONY DINNER—13 MARCH 2021

Hosted by the Minister for Multiculturalism, in the presence of the Hon. Gladys Berejiklian MP, Premier of New South Wales, the Premier's Harmony Dinner was a glittering gala to recognise and celebrate the significant contributions made by our multicultural leaders.

Attended by representatives of our diverse State, the evening was a sit down cultural dress or black tie dinner, featuring incredible special performances.

A special part of the night was recognising the [Premier's Multicultural Community Medal](#) winners and those honoured individuals who were inducted onto the [Multicultural Honour Roll](#). This was an opportunity to celebrate their outstanding achievements in contributing to and building the successful multicultural society we enjoy today.

The Premier's Harmony Dinner continues to celebrate the NSW Government's commitment to a cohesive and inclusive society in which cultures, languages and religions of all citizens are accepted and appreciated.

The Premier's Harmony Dinner was presented by Multicultural NSW. Multicultural NSW promotes building and maintaining a cohesive and harmonious multicultural society that enriches the lives of the people of NSW.



NSS HOMEWORK & LEARNING CENTRES (NEWCASTLE) 2021

It is now the 16th consecutive year of this program!

Our weekly Homework & Learning Centres recommenced in Term 1, continuing in partnership with Jesmond Primary School (pictured), Heaton Primary School, and Waratah Technology Campus. Our experienced Co-ordinator staff, Bridie Scott, Josie O'Hara, and Ben Ison also returned to manage these centres.



NSS Learning Centre at Jesmond PS—Term 1 , 2021

New volunteer recruitment was successful during Term 1, joining with volunteers returning from last year, in an overall workforce of 26 tutors.

School students referred to this program comprise Syrian, Kurdish, Iraqi, Afghan, and Congolese refugee backgrounds. Each centre is now fully allocated, with a total enrolment of about 50 students.

In the primary schools, volunteers assist student groups with fun learning activities: reading, literacy, writing, numeracy, speaking & listening, problem-solving, co-ordination. In the secondary school, volunteers assist students in one-to-one with tutoring: English, numeracy, homework, assessment tasks, research skills, computer skills, time management skills.

NSS very much appreciates the commitment and support of our EALD staff contacts Jennah Avard, Lisa Fitzgerald, Zane Balodis, Dale Garbutt, and Renata Ninevski.

Michael Freund

Settlement Volunteer Co-ordinator (Education Programs)

NSS FAMILIES TEAM

Is continuing successfully to deliver a structured Parenting Program: "Bringing Up Great Kids" to multicultural families of Newcastle and Lake Macquarie.

This time we are including our grandparents as another target group. Grandparents as we all know are looking after their grandchildren while the parents work. Parents and grandparents need to know how to raise independent and self motivated children; therefore, together they must learn to understand how to be persistent and have patience as they raise their children.

Our Parenting program BUGK is all about promoting positive parenting. Our aim is to inform parents to ensure the safety of their children, and that they adhere to Australian child protection laws and regulations thus keeping children away from out of home care.

We will resume delivering the program in May on Tuesdays at NSS - 9:30 – 12 Noon.

For parents who are interested, please contact NSS on 02 49693399.

NSS Families Team: Pet, Juanita, Miza and Elena.



Clean Up Australia Day Tamworth

Tuesday 9 March, 2021 (article from Tamworth Council local news)

Tamworth Regional Council Sustainability Officer Ange Dodson said that Clean Up Australia Day saw strong volunteer numbers and about 1.5 tonnes of rubbish collected by Council vehicles.

"We went around to pick up rubbish from each site across the region. Some of the rubbish we collected included six car tyres, two shopping trolleys, and one couch.

"I would like to thank all new and returning community groups who have gone above and beyond to help our environment," she said.



NSS Tamworth
Settlement worker
Amalin with her
Karen group on
Clean Up Australia
Day

32 community groups, youth groups and local businesses registered for Clean Up Australia Day. They include:

- Community groups:

Northern Settlement Services, Tamworth Regional Landcare Association, Tamworth Junior Girl Guides, Rotary Club of Tamworth First Light, West Tamworth Girls Brigade, Filipino Association of Tamworth, Peel Valley Lions Club, Tamworth Rotary Sunrise, Tamworth City Lions.



Amalin with her Vietnamese group on Clean Up Australia Day



Local Clean up a Joint Effort

Article kindly reproduced from
Tamworth Times 24 March 2021

FOR two multicultural groups new to Tamworth, Clean Up Australia Day was the chance to give back to the community they have come to love.

The Karen and Vietnamese communities came together to take part in the clean up, and did such a great job they may have the chance to adapt a park in town.

The Karens are former refugees from Myanmar, and have participated in the annual clean up for six years in a row.

Graeme Reeves, NSS volunteer, worked with the Karens and supervised the clean up along Forest Road area from the Mountain Bike carpark, a few kilometres past the tip entrance.

They collected eight bags of rubbish in just one and a half hours on Sunday.

In another part of town near the Riverside Sports field, a

group of 33 people from the Vietnamese community turned up early at the site, ready to "do battle" with the trash.

Northern Settlement Services (NSS) settlement support worker Amalin Sundaravej welcomed everyone as they arrived, setting up an iron board to act as a register with a sign-in and QR code as part of their COVID-19 safety plan.

"They went and cleaned up all sorts of terrain - under the bridge, around the park area, into the bushes along the Peel River as if nothing were beyond reach," she said.

Clean Up Australia Day has been operating for 30 years and started as a simple idea of Ian Kiernan's to "make a difference in his own backyard".

- JACINTA DICKIN

HARMONY DAY BUS TRIP 2021 — NEW ENGLAND

What a day to go to Nundle. The weather was a bit cool with a sprinkling of rain. We departed Tamworth at approximately 9:40 am in a 12 seater mini van with 6 of us including the driver (Graeme). The 8 Karens travelled in 2 cars.

We meander along the way stopping at Chaffey Dam with a little story telling where the water comes from and how it supplies Tamworth as our water source. Along the way, we saw the piled up diggings from the gold mining days gone by. The fields looked so green and cows were looking so fat.

Meanwhile, inside the van, each of us were chatting and telling our own stories. It was a bit cool when we arrived in Nundle and the wind and rain started to get heavy. Mushi Shi ran with her little girl to buy her a jumper at a nearby OP Shop. Some in the group carried their own lunch but a few of us went to buy a hot meal and got talking with the locals here. Paw Hla suggested we go further up to Hanging Rock and have our lunch there and off we went. It was an unwelcoming weather at Hanging Rock. We all shivered as well as tried to hold on to our takeaways else the strong wind will blow it away. After lunch, we said our goodbyes and the Karens left for Tamworth, whilst the group in the van proceeded to return to Nundle for our 2pm tour of the woolen mill. Everyone seemed so happy and felt so good. We dropped off some of our clients at their homes and we called it a fun day.



Meet the locals – **Hello! We're from Tamworth. The ladies "we are from Myanmar". The gentleman "I am from Afghanistan"**



Nundle is a gold mining town. Locals and fossickers still find gold nuggets here. This sift is what the amateurs use for gold panning



The group: All Over the World we come from: Malaysia, Myanmar, Afghanistan, Philippines & Australia

HARMONY WEEK



The group from Myanmar arrived in two cars and left after lunch. They had to go pick up their kids from school at 3pm. Six of us were left to tour the Nundle woollen mill and then headed home.

MULTICULTURAL SOCIAL SUPPORT SERVICES — CENTRAL COAST



Volunteers & support workers attending Falls Prevention, training. Facilitator was Helen Kale from Central Coast Health District. We had a very positive feedback from attendees



The MSSS Woy Woy group attended their first time back at the centre since COVID. Only 10 people are allowed in the meeting room. Volunteer Ivan made a presentation on Greece, which everyone enjoyed with a nice morning tea.



MSSS Coordinator Marilín (far right) took the MSSS Spanish Speaking Group to the Diggers Club in Ettalong for their social outing. As always, they had a great time catching up with each other.

On 11th February the Woy Woy MSSS Group, attended a lunch presentation on Elder Abuse by Jenelyn from ConnectAbility at Everglades



HARMONY DAY—PLAYING AROUND THE WORLD—CENTRAL COAST

Playing Around the World Playgroup celebrated Harmony Day over two weeks at The Entrance Community Centre due to the heavy rain during Harmony Week. Families prepared and shared some delicious traditional foods including Indonesian spring rolls, spaghetti bolognese, Indian curry and sticky coconut rice desserts from the Philippines.

We also celebrated the Persian/ Iranian New Year with the Playing Around the World Child Care worker Shirin running a Nowruz New Year craft activity and singing Iranian New Year children's songs during music group.

One of the Indian families also brought in some Indian Holi festival colour powders to share with the families and the children had lots of fun playing with the orange Harmony Day playdough



HARMONY WEEK

HARMONY DAY—PLAYING AROUND THE WORLD—CENTRAL COAST



The children celebrating Harmony Day had lots of fun playing with the orange playdough.



**HaRMONY
WEEK**



**JOIN US IN
CELEBRATING**

HARMONY.GOV.AU



HaRMONY WEEK



HARMONY DAY ON THE CENTRAL COAST

On the 25th March Northern Settlement Services partnered with the Peninsular Community Women's Health Centre (PCWHC) and the IDEAS organization to hold a Harmony Day event at the Centre.

NSS invited some of our more isolated clients in the area to attend the event to meet new people and become familiar with the Centre and the activities that are held there. Approximately 40 people attended on the day and participants had an opportunity to meet the Centre's staff and volunteers. Many joined in on the Belly Dancing classes and also exchanged recipes and family stories.

Some of the ladies with bubs enjoyed the meeting day so much they want to start their own group on a regular basis at the Centre. Nellie laid a mat out under the tree and that's where they stayed and exchanged stories. For one lady it was her first outing in 18 months!



Rhonda Richardson from the PCWHC, Keiko Clements from IDEAS and Nellie from NSS



everyONE BELONGs

#harmonyweek

HARMONY WEEK

HARMONY DAY ON THE CENTRAL COAST



A group photo on the verandah of the Centre



A chance to get to know one another and exchange baby stories

HARMONY DAY ON THE CENTRAL COAST

Taste of Harmony

Every year for the past 11 years our Central Coast office has celebrated a "Taste of Harmony" – TOH - celebrating diversity in the workplace through food.

This year our CC office celebrated TOH on March 18th. Following Covid Safety we shared some great food from around the world and even had one staff member join us through zoom.

As per usual we had a cultural quiz and also asked each other a series of questions about culture and our own experiences around food, family, culture and country.



All resources and preparation for a Taste of Harmony event at your place of work can be found at <https://www.tasteofharmony.org.au/>

With the Nowruz display at the head of the table, celebrating the Iranian New Year, we were ready to eat

HARMONY WEEK



Australian Government

HARMONY WEEK



Citizenship Test Training

NSS has commenced Citizenship Test training for Arabic-speaking women each Tuesday morning at Zara's House in Jesmond. The training will run for 8 to 10 weeks and is being presented by our wonderful volunteer Dennis Archibald, who has developed the training slides, and also ran similar training last year via Zoom.

Settlement Volunteer Coordinator and Arabic Support Worker, Alyaa Al-Attabi is providing interpreting for the class. NSS sincerely thanks Dennis and the other NSS volunteers Jenna, John, Harrison, Ruth and Jenny, who have supported clients one-to-one with further learning leading up to their tests. Several happy clients have now passed their test!



MULTICULTURAL FLEXIBLE RESPITE PROGRAM

Mrs Jain cared for her husband Mr Jain for several years. Aged Care Team Leader, Katie visited Mrs Jain in April. Mrs Jain is thankful for the assistance she received from the NSS Aged Care team.



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