

Would you like to join the hmc team of volunteers?

We value the contribution of our volunteers. If you are interested to volunteer your time to help us with our Health and Wellness Program, Social Support Services or our Community Focus Program, we would love to hear from you.



Benefits of becoming a Volunteer:

- Make a difference to your community.
- Our volunteers are covered by insurance.
- Relevant training is offered to all volunteers.
- Ongoing support and recognition.
- Expenses incurred while undertaking social support volunteering duties will be subsidised.

For more information about becoming a volunteer call 4960 8248 or visit www.huntermulticultural.org.au

Hunter Multicultural Communities (HMC) is a non-profit public benevolent organisation serving established, new and emerging multicultural communities in the Hunter Region.

We provide social support and community programs for seniors, people with disabilities and their carers from culturally and linguistically diverse (CALD) backgrounds. This helps them to live independently in their own home and to prevent early admission to permanent residential care.

Our Vision... is to maintain our position as the leading multicultural organisation in the Newcastle and Hunter Region providing health, wellness and cultural programs and support to promote a healthy, united, just and equitable multicultural society.

Our Mission... is to provide for the diverse needs of all people within existing, new and emerging multicultural communities in the Hunter Region.

Our Core Values... guide us in our decision making, our relationships and form the foundation of HMC today. They are:

| | | |
|-----------|-----------------|------------------|
| Integrity | Professionalism | Inclusion |
| Respect | Empowerment | Social Cohesion |
| Equality | Harmony | Multiculturalism |



Australian Government
Department of Health



NSW GOVERNMENT | Multicultural NSW

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Services to our Communities



Supporting the diverse needs of all people within the Hunter Region's multicultural communities by fostering cultural harmony, encouraging social cohesion, and promoting a united, just and equitable society for all.

www.huntermulticultural.org.au

Our Services to our Communities

- Seniors Health and Wellness Centres
- Neighbour Aid
- Social Support
- Bus Transport
- Multicultural Friendship Groups
- Community Development Work
- Men's Shed
- Community Garden
- Home Maintenance for Seniors
- Conversational English Classes
- Multicultural Education and Awareness

Business Hours

Monday to Friday 9.00am – 4.30pm

Health & Wellness Program

We provide a variety of Health & Wellness Services to seniors and younger people with disabilities in the Newcastle Region.

Health & Wellness Centres

We operate Multicultural Health & Wellness Centres which provide activities and nutritious, freshly cooked meals. Centres include Greek, Greek Holy Apostles, Italian, Macedonian, Polish, Ukrainian and Multicultural.



Community Garden

We have a multicultural community garden available which provides an opportunity for our communities to grow vegetables and meet people from different cultures. Feel free to become involved.



Individual & Group Social Support Services

Our Multicultural Neighbour Aid and Friendship Groups provide a variety of activities, meals, outings, picnics, bus trips, crafts and games and information sessions. We also provide home visits, transport to medical appointments and assistance with shopping.

Broadband for Seniors

We offer a computer kiosk for seniors to learn about computers and the internet or just to use if you do not have access to a computer. Free of charge – bookings are essential.

Multicultural Education & Awareness

The HMC strives to improve the communication and cultural awareness among culturally diverse people. Attendance to our programs assists people to overcome culturally related stereotypes and makes it easier for them to better communicate cross-culturally.

Community Focus Program

Our Community Focus Program assists our multicultural communities and member groups to increase their potential through community development work and select community service projects.

Our Community Focus Program works with groups to build on their strengths and create new opportunities by providing information and access to community resources including events, services and funding options.

Bus Transport

Our small fleet of mini buses range from 9 to 20 seaters and provide transport to and from the Health & Wellness Centres. They are also available for hire.

Men's Shed

Our Multicultural Men's Shed provides men with the opportunity to socialise with other men in a "backyard shed" environment. Men can utilise their skills and work on projects to service the wider community. The Shed environment also provides social interaction, health information and the opportunity to make new friends in a safe and friendly place.



Hall Hire

We have an auditorium available for hire for training seminars, functions, wedding receptions, meetings and events. The auditorium seats around 110 people and has modern audio visual equipment available. We also have a kitchen of commercial standard for hire.