

DIVERSITY MATTERS

NEWSLETTER – JULY 2021



hmc

Hunter Multicultural Communities



Senior's Festival Forum



HMC celebrated NSW Seniors Festival on 14 April hosting the Senior's Multicultural Information Forum welcoming providers, consumers and carers to come along and find out more about issues facing older people from diverse communities.

Valuable resources and advice were shared amongst stallholders and visitors with the opportunity to hear from local specialists on how to link with services available in our wider community including Centrelink Financial Services, Aged Care Regional Assessment Team and Hunter Community Legal Centre among many others.

An energetic demonstration of Ageless Grace exercise program was led by seniors group coordinator, Lonny, with everyone moving and shaking along to some well known tunes.

An informative expert panel discussion raised the importance of including the needs of people from diverse backgrounds in the wider conversation around local supports and services for seniors.

Godfather Espresso and Drumming for Life supported the event with great food and entertainment.

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Message from the CEO

I am pleased to report positive progress for HMC operations for the first half of this year including a renewed focus on continuing contributions and growing connections amongst our multicultural communities, securing grants to enhance our facilities and service offering and delivering innovative programs and events to support and engage with people from diverse backgrounds.

In April and May we hosted our Seniors Multicultural Information Forum and Aged Care Connect, and attended the Multicultural Expo, where our team members have energetically engaged with the public and representatives from many organisations which support older people to share resources, information and contacts which help improve access to important aged care supports through our wider community.

Our Multicultural Pop Up Library series, hosted monthly from March till October in partnership with Newcastle Libraries, showcases the beauty of storytelling in community languages with guest authors sharing about their journeys and cultural experiences.

Much work has been done to revamp the HMC Community Shed for exciting new programs commencing from July along with further beautification of the Diversity Garden and onsite Café which are becoming increasingly popular. Godfather Espresso crew continue to support meal preparation and delivery for our Multicultural Meal Service and are integral to all our events and programs providing catering and hospitality services.

We are pleased to welcome our new chef Nick to manage our kitchen and Les to coordinate our Community Shed, both bringing great expertise to the HMC family. Rebecca Sansom has also joined us in late June as HMC Office Manager bringing valuable experience in accounting and administration to help improve our operational systems and process.

Significant work has been done to improve our work health and safety operations to protect our clients, staff and volunteers with staff recently completing First Aid training and our centre Coordinators undertaking a Cert III in Individual Support (Ageing) to provide best practice care for our seniors.

My special thanks to each individual team member for their dedication to maintaining quality services and supports for all those we serve. I look forward to an exciting and rewarding six months ahead!



Annette Gebhardt
Chief Executive Officer

Pop Up Library Series

– Sharing stories in community languages

Our Multicultural Pop-Up Library series was launched on 29 March, being the perfect springboard to deliver a valuable monthly outreach program offering easy access to books and materials in a wide range of community languages for diverse people of all ages.

Guest author, Elsa Licumba, shared her story of the dreams and challenges faced in blending cultures through her journey from Mozambique to Australia, and reflected that

“Belonging is never just about place, it is about what is in our hearts that give us the freedom to belong.”

She talked about her experiences as a new arrival to Australia, and the unexpected issues of racism and discrimination she encountered, including by her young son. This made her confront the concepts of belonging: where we belong, and the limits of such identification, reflecting that belonging is fundamentally not about a place but rather an experience, a spiritual journey and acceptance that goes beyond national borders and concepts.

“You are only free when you realise you belong no place – you belong in every place – no place at all. The price is high. The reward is great.”
– Maya Angelou

The Multicultural Pop Up Library is a partnership of Hunter Multicultural Communities and Newcastle Libraries – the monthly program provides the community with more multilingual and multicultural resources.



Elsa's book "Freedom to Belong" is available to purchase at the HMC office for \$25.

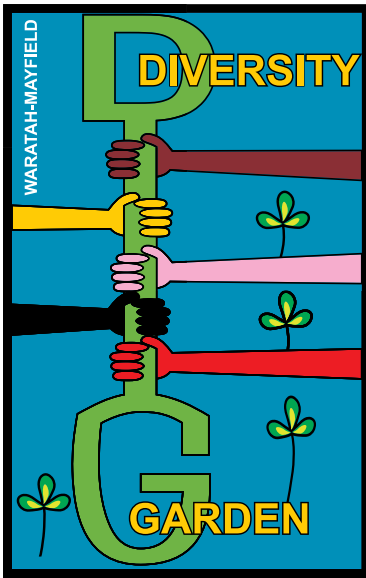


Upcoming dates

@hmc
10.30am
to 12.30pm

Wed 28 July
Wed 25 Aug
Wed 29 Sept
Wed 27 Oct





Upcoming Market Days

Mark them in your calendar!

Please contact HMC reception on **4960 8248** from 1st July to book a stall.



Saturday 4th September – Spring Market

Saturday 27th November – Christmas Market

Garden Pickings

The weather for this time of the year is very unseasonal with many plants not knowing if they should start becoming dormant for the winter or make new growth and fruit for the spring. There has been some very heavy rain during the past 3 months and unfortunately our Mad March Markets had to be cancelled.

Currently we are picking pumpkins, Warrigal greens, lemons and chokos, and also have an abundance of a large variety of herbs. There are a wide range of potted plants, shrubs, herbs, terrariums and succulents for sale along with herbal sachets, beeswax wraps, a selection of pots and containers which make great gifts. Please call in to the Garden to make a purchase or buy a **"GIFT VOUCHER"** for any nominated amount so the recipient can chose their own gift.

Our 12 chickens are enjoying the regular visits from the children who come frequently including our regular Wednesday "Gather in the Gardens" Group from Newcastle Family Support. Many parents, grandparents, support workers and children are learning about where our food comes from and how to grow it. They love to dig, weed and water and of course enjoy any of the crops ready to pick.

We are also welcoming a group of students, teachers and some parents from the Newcastle Senior School on Tuesdays who are enjoying feeding and cuddling the chickens and are also looking forward to try out some gardening skills.

Our jams and preserves again won quite a few prizes at the Newcastle Show in March and there is a **new supply for sale** - including the prize winning ones! There is a small amount of honey for sale as it is still in short supply due to the extreme weather conditions and only one active hive. I am eagerly awaiting the arrival of my new queen and brood, so we can start harvesting honey again.

Our Mothers' Day Markets on 1st May was a great success and for once we were blessed with great weather. I wish to thank Godfather Espresso, HMC staff, garden volunteers, the "Work for the Dole" team, stallholders and visitors who came along to help make the day a success. Volunteers from diverse communities are always very welcome to join us to support our garden activities many special interest groups who enjoy using this beautiful space to help enhance their health and wellbeing.

Margaret Kenning, HMC Garden Co-ordinator

Mother's Day Market

With "Mad March Market" cancelled due to heavy rain and HMC grounds being waterlogged we were pleased to welcome our Mother's Day Market stallholders on a clear and sunny, if not a little chilly (brrr), first day of May.

The stalls offered a wide array of creative homewares and handicrafts, hand-knitted woollen scarves, pre-loved clothing, candles, jewellery, artworks, bric-a-brac and plants, with many bundles of Mother's Day gift packs on offer at very affordable prices. There was something for everyone!

Thanks to Godfather Espresso for supplying a cracking barbeque and hot drinks which helped keep everyone warm, and to everyone that came along and helped out to support our local community.



Gather in the Garden

Family Support Newcastle, in partnership with HMC Garden volunteers and coordinator Margaret, has this year continued the popular fortnightly 'Gather in the Garden' group. Families enjoy connecting with each other in nature and find that it is calming for adults and children.

During February and March the children experienced the whole process of preparing a garden bed to planting bean seeds, weeding, watering and watching them grow. In the last week families took bags of their lovingly grown beans home for dinner! The group celebrated Harmony Day sharing food from different cultures and some stories of their lives.

All families are welcome to come to this group (with or without their children). This term the group continues fortnightly Wednesdays from 21st July, 10am – 12noon. Check out their Facebook page for the flyer/ more information.

Jo, Family Support Newcastle



Thank you to Margaret for helping teach the children about growing veggies!



Out 'n' About

Our friendly and engaging HMC Coordinators were out in the community promoting HMC services at the local expo hosted by Multicultural Neighbourhood Centre on 26 May.

Many valuable connections were made with our team sharing our wide range of social supports and community programs with around 80 people visiting our stall to enquire about everything from meal service to volunteering.

Our seniors groups also celebrated many special occasions sharing high tea, birthday cake and traditional Easter treats.





Multicultural Meal Service

Fresh, tasty meals for seniors.

Our Multicultural Meal Service is now available to individuals and groups wanting fresh, nutritious and hearty meals delivered to social groups or private homes. Our popular three course meals are prepared fresh daily by qualified cooks who understand the appetites of our culturally and linguistically diverse communities.

The weekly set menu includes a range of entrée, main and dessert meals such as Bruschetta, Vegetable Frittata, Thai Chicken Salad, Parmesan Risotto, Cottage Pie, Chicken Kiev, Vienna Schnitzel, Sticky Date Pudding, Apple Crumble, Sherry Trifle, and Profiteroles.

Anyone over 65 who is eligible for subsidised aged-care services under the HCP and CSHP programs can access the Meal Service. Meals can also be purchased for people under 65 years of age.

WHERE:

Various locations – Hunter, Central Coast and Port Stephens
Multicultural Health & Wellness Centres and Social Support Groups

WHEN:

Various weekdays at our Centres, Monday – Friday to private homes

HOW:

Connect with Hunter Multicultural Communities on 4960 8248; talk to your Home Care Package provider or call My Aged Care on 1800 200 422, Monday to Friday 8am – 8pm or Saturday 10am – 2pm or visit www.myagedcare.gov.au



Flexible Options

where you really want to be

HMC partners with Flexible Options to provide this service; every meal purchased creates real and lasting employment for people with disabilities.

Welcome Chef Nick

Welcome to Nick who has recently joined us as our Chef. Nick brings diverse experience from an extensive career in international hotels, large functions and events catering, and leading hospitality operations in aged care residences. He prides himself on his commitment to improving service standards, safety and quality of food and looks forward to working with the team to enhance our meals and functions activities.

Nick says:

“The recent installation of a new oven will help the kitchen team increase the number of meals they can deliver each day, to meet the ever-increasing popularity of the meal and catering services offered.

There’s been a lot of valuable feedback taken on board with the kitchen team continually improving food quality and customer experience.”

Connect with us on 4960 8248 Find out more on



HMC Community Shed is open to interested groups holding various activities, workshops, gatherings to support our many diverse communities.

Our new outdoor kitchen function area is also now available for hire.

We welcome Expressions of Interest from any groups, for more details please call **4960 8248**.



VOLUNTEER SPOTLIGHT

Each newsletter we will be celebrating and recognising the work of our volunteers. Here's where you can help!

Please nominate (along with a brief reason why) any of the HMC volunteers who go over and above and we will reward one nominee each newsletter with **a \$50 gift voucher as a token of our appreciation.**

Les on deck at the Shed

Hi, I'm Les Laws, the new Community Shed Co-ordinator and I'm pleased to be part of the HMC team.

Since starting I have been working hard to set up the Community Shed with the invaluable help of Darren and his 'Work for the Dole' crew and while there's plenty to do, we are making good progress. I am looking forward to the Shed opening in June to provide

a positive space for groups from all backgrounds to come and learn, create and have fun. Our new Shed programs will expand the diversity of groups and the projects they take on from woodwork, metalwork and more. I am already getting plenty of enquiries and welcome them all.



THANK YOU...

Rae Gallienne

Rae Gallienne has been a volunteer for the Social Support program for almost 10 years. She quietly achieves her goal of supporting the elderly by helping them access the community, be independent and get to their appointments on time or if in need of shopping she will be there to help. Rae has a real connection with the clients she helps and calls them her ladies.

Rae is dedicated, kind and caring of our clients and has helped countless people from various nationalities over the years. When I have been short of volunteers Rae is available at the last minute to give time to someone in need of support and is willing to give that support on the weekend for an Italian lady to attend Church.

Rae has made a difference to our client's lives with reuniting a couple each week by taking a client to visit her husband in a nursing home. Another client who was unable to mobilise in the community was able to get access to the community through Rae when she went shopping for her and picked up the clients books from the local library.

During 2020 and COVID, Rae continued to support the organisation and made herself available to assist clients socially isolated in their home. She went out into the community on their behalf to get their shopping and made sure they were able to see their doctors.

Rae further dedicates her time to our organisation by volunteering at the Macedonian Health & Wellness Centre that she helps out each week with serving the clients and assisting the cook and coordinator in the kitchen.

I thank Rae for the years of volunteer service with our organisation.

Gayle Grayson

Are you Interested in Volunteering?

Call our friendly team on 4960 8248 to find out how you can help



Coming up @hmc

Gather in the Garden with Family Support Newcastle

Fortnightly 10am – 12 noon
Wednesday 21 Jul, 4 Aug,
18 Aug, 1 Sep, 15 Sep
Contact Jo on 4926 3577

Local Social in the Community Garden

14 July

Pat Conroy MP, Visit HMC Social Support Group, Cardiff

16 September

Pop Up Library Series

Monthly 10.30am – 12.30pm
28 July, 25 Aug, 29 Sep,
27 Oct
RSVP: Phone 4960 8248

Spring Market

4 September

Christmas Market

27 November

This is your place, too

Newcastle has changed a lot over the years. Today, it is more diverse than ever with people of all ages, backgrounds and beliefs. Individually we may be very different, but together, call Newcastle home. That's what the 'Your Place' community conversation is all about. City of Newcastle want to hear about your experiences living in our city.

**Join the conversation by taking
their survey and sharing your views:
newcastleismyplace.com**



Local Social in the Community Garden - it's your place too!

WEDNESDAY 14 JULY, 10AM - 1PM

Come along and join the conversation to improve local life in our diverse multicultural communities... we want to hear from you!

- Share great food, coffee and conversation
- Enjoy live music and face painting
- Cooking demo with Chef Nick
- Plant a new herb garden
- Check out our new outdoor kitchen and community shed

Please reply by Friday 9 July - phone 4960 8248, or find us on

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Australian Government
Department of Health



Multicultural
NSW

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