

What's been happening?

Multicultural Carers Week Event

Manning Valley Neighbourhood Services celebrated Carers Week on 17 October at Harrigans Pub, Harrington. It was a fantastic day of relaxation, pampering, drumming, international dance, a chance to talk to service providers and most importantly a chance to talk to others who understand the challenges of being a carer. Many thanks to Commonwealth Respite and Carelink Centre, Carer Assist and the Multicultural Health Unit (Hunter New England Health) for their organisation.



Pampering



International Folk Dance



Hastings Multicultural Group Christmas Party

As always the Hastings Multicultural Group Christmas party was great fun. Our regular members brought some friends along and we had some guests from the TAFE ESL class which added to the fun. As always Secret Santa was a laugh and the food was delicious. Thank you for a great year everyone!! For 2014 dates see page 4.



Have a great Christmas. Stay safe and see you all next year.

INSIDE THIS ISSUE

- What's been happening: Carers Week Event and Hastings Multicultural Christmas Party **Page 1**
- Interpreting at Pharmacies **Page 2**
- Port Macquarie Library and Harmony Day 2014 **Page 3**
- TAFE English classes, Hastings Multicultural Group dates 2014 & 2Bob Radio Ethnic Program **Page 4**



Free Interpreting available at your local Pharmacy!!

Free phone interpreting services are available to pharmacies for the purposes of dispensing Pharmaceutical Benefits Scheme (PBS) medications to help pharmacies to better communicate with non-English speakers about the proper use of medications.

The free telephone interpreting services can be accessed by calling **131 450** and is available to pharmacies **24 hours a day, seven days a week**. Pharmacies need to register with TIS National to access the services on **1300 655 820**.

Pharmacies registered for the free telephone Translating and Interpreting Service (TIS) in the Taree and Forster areas include:

Taree Area

- **Taree Guardian:** Shop 7-9 Manning Mall, Taree. Ph: 6551 2743
- **Terry White Chemist:** Shop 7 Taree city Centre, Taree. Ph: 6551 7766
- **Manning River Pharmacy:** 191 Victoria St, Taree. Ph: 6552 1003
- **Saxby's Pharmacy:** 2 Manning St, Taree. Ph: 6552 1662
- **Chatham Pharmacy O'Toole:** 11 Oxley St, Taree. Ph: 6552 2955
- **Old Bar Pharmacy:** 1/48 Old Bar Rd, Old Bar. Ph: 6553 7660

Forster Area

- **Amcal Max Forster:** 49 Wharf St, Forster. Ph: 6554 6322
- **Tuncurry Pharmacy:** 70 Manning St, Tuncurry. Ph: 6554 6479

For any inquiries phone the Migrant Settlement Worker at Manning Valley Neighbourhood Services on 6553 5121 or email rmw@mvns.org.au



Free TIS 'I need an interpreter' cards (below) are available from your local Migrant Settlement Worker. To access TIS call 131 450.

Do you need an interpreter?

If you need an interpreter and one is not offered to you please don't hesitate to **ask!!**

If you are not sure you can give anyone the interpreter card (right) to help you ask for an interpreter. If you are not sure please call the Migrant Settlement worker for help.



Australian Government
Department of Immigration
and Citizenship



Mid North Coast Co-operative Library Service

Have you visited the Port Macquarie Library? It is part of the Mid North Coast Co-operative Library Service which also includes libraries in Kempsey, Laurieton, Wauchope, South West Rocks and Stuarts Point.

The Port Macquarie library is a great place with lots on offer. Gone are the days when you had to be quiet in the library, you can have a great time either on your own or with your family with lots of resources and activities on offer. For our multicultural residents some resources of interest include:

- Book FLIX which lets you read newspapers from around the world
- If you are learning English there are adult literacy books which may help such as; 'Language of Childbirth', 'Working Lives' and 'English for Employment' just to name a few.
- Learn a language with Mango languages
- Free Wi Fi spot

The library also has lot of other resources and activities on offer such as Baby bounce; story time for children, a range of exercise equipment which can be borrowed, free music downloads, access to computers and lots more.

So go along and check out your local library—it's free to join!!

Where can I find my local library in the Hastings?

*Port Macquarie: Corner Gordon and Grants Sts 6581 8755

*Wauchope Library: High St (near Post Office) 6581 8162

*Laurieton Library: Laurie St (near School of Arts Hall) 6581 8177

*Kempsey Library: 22 Tozer St 65566 3210

*South West Rocks: 22 Landsborough St 65566 5044

*Stuarts Point: Corner Ocean Ave and Marine Pde 6569 0289

Living Library: Harmony Day March 21st 2014

As part of Harmony Celebrations in 2014 Migrant Settlement and Taree Library will be holding a Living Library with our local migrant community. This is an exciting idea where the books you borrow are actually people who you borrow and sit with in the library and have a personal face to face conversation.

When will the Living Library be held?

The library will run on the 18, 19 and 21st of March at the Taree Library. More information will be available closer to the event.



English Language Classes at TAFE

TAFE contact numbers for those wanting to enroll in AMEP (Australian Migrant English Program) and other English language classes.

Taree TAFE:

Contact Robyn Lee on 6591 3705 or Janette Miller on 0422 005 508

Tuncurry TAFE:

Contact Janette Miller on 6555 0619 or 0422 005 508

Port Macquarie TAFE:

Call Lisa Rushton on 6581 6224

Kempsey TAFE:

Contact Lorraine Williams on 6560 2953 or Patsy

Interpreting in NSW Public Hospitals

Free interpreting services are available to all patients using NSW public health care services. All patients and their families have the right to request a health care interpreter, even if they are not offered one.

To access a professional health care interpreter ask the health staff to call the:

Health Care Interpreter Service on 1800 674 994

Hastings Multicultural Group

Meets once a month at the Neighbourhood Centre in Port Macquarie from 12.30-2.30pm. For further details contact Jane on 6553 5121. Some weeks we meet at different locations so it is a good idea to ring before hand.

Term 1 2014 Dates:

- 7 February
- 7 March
- 4 April



Ethnic Programs on 2BOB Radio 104.7FM

Monday 2-3pm Dutch Hour

Tuesday 3-4pm German Hour

Tuesday 7-8pm "Yousto Ellenico, Greek Hour

Wednesday 2-3pm Filipino Hour

Thursday 7-8pm French Hour

Saturday 3-6pm "World beat"

For more information contact the Station

on 6552 6200 or

email office@2bobradio.org.au.



Other English language options To discuss English language classes through the Adult Migrant English Program (AMEP) at TAFE, other English classes at TAFE or the Language, Literacy and Numeracy Program (LLNP) call Jane on 6553 5121.

Migrant Settlement Project Worker

The Migrant Settlement Project (MSP) Worker provides an information and referral service for migrants who have arrived in Australia in the last five years, and Culturally and Linguistically Diverse (CALD) residents in the Greater Taree, Hastings, Kempsey, Great Lakes and Gloucester local government areas.

The MSP worker also provides support to organisations to deliver culturally appropriate services and host cultural activities such as Harmony Day.

The Migrant Settlement Project Worker can be contacted at:

Manning Valley Neighbourhood Services Inc.

4 Farquhar St

Wingham

Phone: 6553 5121

Fax: 6553 5121

Email: rmw@mvns.org.au

