

Nepean Migrant Access CALD Youth and Families Project Report-2014



**Nepean Migrant Access
CALD Youth & Families Access Project
Report 2014**

Written By: Nasren Nasrat, Project Worker

Table of content

Acknowledgment	4
Introduction.....	5
Philosophy and Values informing the CALD Youth & Families Project.....	5
An overview of the CALD Youth & Families Project.....	6
Project’s aim & objectives.....	6
Strategies to achieve project’s Aim & Objectives.....	7
Consultation with CALD youth, community leaders and community members.....	8
Approaching Community leaders.....	9
Project partnerships and activities.....	10
School Holidays Activities.....	10
Youth Camps.....	11 – 13
Workshops and Information Sessions.....	14 – 15
Soccer Training/Program.....	16 – 17
Swimming Programs.....	18
Conclusion	19
Appendix.....	20 – 29

Acknowledgment

Nepean Migrant Access (NMA) wishes to thank all individuals, local youth centres, and community organisations in supporting this project. NMA highly appreciated and values the support and effort that these services contributed toward this project;

- St Marys Fusion Youth Centre, St Clare Youth Centre, and Werrington Youth Centre workers
- Nepean Blue Mountain Local Health District, Drug and Alcohol Health Promotion Team, Health Education Officer
- Ripples Leisure & Hydrotherapy Centre – St Marys Learn to Swim Supervisor.

We also acknowledge the expertise and appreciate the support and partnership of:

- Nepean Multicultural Health - Project officer,
- Penrith Women's Health Centre – CALD Community Development Worker & Case Worker
- Wesley Family Centre Case workers
- St Anthony's family Care - Community Development Worker & Case Worker.

We are also thankful to Colyton High school and St Marys Senior High in facilitating the access to CALD young people.

NMA would like to acknowledge and remark that the CALD Youth & Families Project could not have achieved its goals and objectives without the dedication, input and commitment of these individuals and organisations. NMA hopes that the partnerships and links built by this project will results in sustainable benefit for all services and individuals involved.

1.0 Introduction

Nepean Migrant Access (NMA) over years of working with Culturally and Linguistically Diverse communities (CALD) through its settlement services and case work has identified that issues such as; language barriers, lack of awareness of services and the Australian legal system, torture and trauma experiences, a lack of social networks, unemployment among others, all contribute to social exclusion, and some cases in family breakdown and antisocial behaviour.

These issues and their consequences were especially evident among the CALD youth. This lead the organisation to seek specific funding to address and further identify ways of supporting and alleviating the issues faced by the young people recently arrived in Australia or living between two cultures.

The fact that local youth services in the Penrith LGA identified themselves as not fully equipped to access the CALD communities enhances and increases the above mentioned issues and also limits the target group's ability to achieve a better life.

These issues were also discussed in the consultations with different community groups and, network/advocacy forums such as the Penrith Multicultural Interagency (PMI) represented by 40 government and none government agencies, and documented by Nepean Migrant Access. (NMA submission application 2010)

In order to address the issues and the needs of the local CALD youth, NMA sought to develop a project to connect CALD young people and their families to the relevant services and at the same time, work in partnership with local youth and other services to connect them with CALD young people and families.

In 2010 NMA applied for and successfully secured a 3-years funding grant under the Community Builders program from the NSW Department of Community Services.

2.0 Philosophy and Values informing the CALD Youth & Families Project

The CALD Youth & Families Project's practice and model of service delivery were based on the organisation's philosophy statement which declares that:

"We are committed to working with the Nepean Region Cultural and Linguistically Diverse Communities (CALD), the community at large and service providers towards facilitating the settlement process and support the development of the CALD communities' aiming to reach equality of opportunity, participation and to improve their quality of life .

We are equally committed to support elderly CALD communities and individuals assisting them to have an independent life and working towards improving their well being and avoid early institutionalization.

Fundamental to this is assisting the local CALD population to access information and services, develop skills and the confidence required to identify and address their own needs and issues as well as fully participate in the decision making process that will affect their lives in Australia as their new country.” (NMA 2003)

The CALD Youth & Families project followed the above statement in developing a service delivery model in order to achieve the project’s aims and objectives.

3.0 An overview of the CALD Youth & Families Project

This project was implemented between February 2011 and June 2014 in response to barriers facing CALD youth and their families such as; lack of knowledge of the Australian social context, legal system, youth assistance services, social networks and experiencing isolation. In order to minimise these barriers, this project sought to:

- a) Build strong network and partnerships with local youth & other relevant services.
- b) Provide relevant training and support to interested CALD community members to have an active role in the project’s direction. This was aiming to reach personal development as well as social engagement.
- c) Increase their ability to make healthy life choices by providing relevant, accurate, and culturally appropriate information sessions, workshop and activities.

3.1 Project’s aim & objectives

The main objectives of the project were:

- a) “To support Penrith services to access the CALD Youth & their families by assisting the development of appropriate programs and policies.
- b) To raise the CALD community awareness and use of relevant youth services.
- c) Understanding of youth services by the CALD youth and families and aiming to increase their usage. It will assist to minimise real or perceived antisocial behaviour generated by CALD youth and families lack of awareness of main stream culture and family relationships.
- d) It will encourage racial harmony by valuing and celebrating diversity.”
(Project submission supplication 2010)

In addition the project aimed to and successfully executed the following:

- Increase the CALD Youth and their families understanding of youth services.
- Facilitate the connection between the CALD community and relevant youth services in the Penrith LGA.
- Assist local youth services to enhance their understanding of diverse cultures, cultural differences and practices aiming to increase their access to CALD youth and develop appropriate strategies.
- Build strong partnerships with the local youth and other relevant services, initiate joint activities with these services relevant to the needs of CALD youth and their families.

3.2 Strategies to achieve project's Aim & Objectives

Working closely with local youth and relevant services to develop CALD appropriate programs and promoting their services among CALD communities enabled the NMA CALD Youth & families project to build a strong connection between young people and relevant services. This provides the opportunity for CALD young people and their families to understand and access youth services, therefore improving their family life and relationships with the wider community.

The table below highlights the project's interactions with local services by assisting the development of objectives, strategies and activities to engage the CALD young people and their families. These activities were planned and delivered with clear guidance and intensive support from this project, however, while keeping ownership within the local services to ensure and enhance their capacity.

Project work plan Objectives	Strategies	Activities occurred
<ol style="list-style-type: none"> 1. The project will support Penrith services to access the CALD Youth & their families by assisting the development of appropriate programs and policies. It will raise the CALD community awareness and use of relevant youth services. 2. Understanding of Youth services and aiming to increase their usage. It will assist to minimise real or perceived antisocial behaviour generated by CALD youth and families lack of awareness of main stream culture and family relationships. It will encourage racial harmony by valuing and celebrating 	<ul style="list-style-type: none"> • Direct involvement of local youth worker in the activities that run for the target group. • Organise joint activities with the local youth and other services for the target group. • Regularly consulting with local CALD youth and their families, CALD community members and leaders to identify their needs. • Inviting/involving parents in some joint activities occurred in deferent youth centres • Organise workshops and information sessions for CALD youth run directly by mainstream youth services. • Build relationship and network with local high schools to access CALD students in order to connect them 	<ul style="list-style-type: none"> • Youth forums • School Holiday activities: <ol style="list-style-type: none"> a) Bus Tour b) Girls Only Day • Youth Camps <ol style="list-style-type: none"> a) Girls Only Camp b) Salaam young people's adventure and weekend away • Workshops: <ol style="list-style-type: none"> a) Two Alcohol & Drug workshop for CALD Youth b) Alcohol & Drug workshop for parents • Attendance of high school students to the Harmony Day & Refugee Day celebrations • Bhutanese Women Blue Mountain Excursion • Bhutanese Women's Leadership Camp

<p>diversity.</p> <p>3. Assist local youth services to enhance their understanding of diverse cultures, cultural differences and practices aiming to increase their access to CALD youth and develop appropriate strategies.</p>	<p>to relevant youth services.</p> <ul style="list-style-type: none"> • Organise and facilitate workshops for CALD parents on Australian social system. • Organise & facilitate excursions for CALD parents to familiarise them to the Australian history and Australian society & culture. • Raise awareness of and discuss CALD youth issues & needs in the interagency meetings • Provide Training for mainstream youth workers 	<ul style="list-style-type: none"> • Facilitation of Penrith local youth workers training • Conducting Community consultations • Raising awareness of CALD youth issues in the interagency meetings. • Raising awareness of CALD youth issues with the local high schools
--	--	---

:

4.0 Consultation with CALD youth, community leaders and community members.

Community consultation is an essential key in identifying and assessing a community's issues and needs. In order to identify the issues and needs and to develop programs and activities to meet these needs, NMA's CALD Youth and Families project conducted various consultations with different community groups and young people. These consultations reinforced previous findings, including a lack of awareness of youth services and programs, parental language barriers, a lack of understanding of the Australian social system, a lack of interaction outside their own community and unemployment including student placement (work experience) for young people studying at TAFE Colleges.

One of the priorities for NMA's CALD youth project was to engage local CALD youth in these consultations. Therefore approaching local High Schools CALD community leaders and community members was one of the strategies to access young people.

4.1 Approaching local High Schools

A short time after commencing the project, letters were sent to the local high schools requesting permission to access CALD students. A few High Schools' expressed unwillingness or did not respond; however, schools such as Colyton High School and St Marys Senior High expressed their willingness to assist the project.

Colyton High School students mainly from Afghanistan were consulted by the project in partnership with the local council. Afghan students expressed their positive feedback on the

safety of Colyton and surrounding area during and after school hours, and school homework support was identified as an immediate need as well as a lack of awareness and usage of youth services.

4.2 Approaching community leaders and members

Willingness of community leaders and community members played a significant role in accessing CALD youth. Through this connection NMA's CALD youth project maintained significant achievements in accessing, consulting and developing programs to meet young people's needs.

However, it was interesting to notice that young people preferred open spaces such as soccer fields to participate in consultation and discussion rather than a closed venue. Consulting with young people after a soccer practice was a more fun and effective way to gather their ideas and talking about their issues and needs.

Collecting parents/guardians' view was also a priority in identifying the needs of CALD young people and their families. During five consultation meetings with the parents/guardians from various communities such as Afghan, Bhutanese, and African issues such as education, employment, learning English language, social isolation, lack of family support, intergeneration conflict, behaviour problems including alcohol and drug usage were identified as well as CALD parents identified the needs for healthy social activities such as; swimming, sport and supervised recreation activities as very important.

NMA wishes to thank participating schools, community groups, and individuals for facilitating the access to the young people from their schools and communities.

Recommendations

- Build links between CALD/bilingual workers and schools in order to access CALD students to facilitate consultation meetings, conduct need analysis, and link them to relevant services.
- Maintain these links by conducting regular consultation with the school personnel and parents/guardians to ensure they are kept informed on the services and programs available in the Penrith area.
- Continuation of social activities (open spaces) for parents/guardians to gather their views and opinion on the needs of their children and keep them in contact with their own community as well as with the wider society.
- Organising leadership workshops to enhance the capacity of community members and leaders to interact more proactive within their community.

5.0 Project partnerships and activities

Building strong partnerships and networks with local youth and other local relevant services played a significant role in successfully engaging and working with the target group. NMA highly appreciated and values the passion of local youth workers' as well as their expertise, willingness and cooperation with this project. It is very important to remark that this project could not have achieved its goals and objectives without the dedication, input and commitment of these youth workers.

5.1 Project's Activities

The following are some of the many successful activities that were facilitated in partnership with local youth and other services relevant in the area.

5.1.1 Youth Forums

Four youth forums were organised with CALD youth to discuss issues such as education, safety, and sport activities. These forums were facilitated by youth workers from Werrington youth centre, St Claire youth centre, Fusion Youth and Link to learning. These forums took place on: 18th of August 2011, 25th of October 2012, 12th of September 2013, and 29th May 2014. An average of 25 young people attended each forum.

5.1.2 School Holiday activities

Local youth services' school holiday activities are actively promoted among CALD youth, however to better build connections between CALD youth and local services, the project organised activities in partnership with youth services that specifically catered for CALD youth. The most successful activities were:

- ***A Day Out around Penrith (Bus Tour)***; in 2011, a bus tour organised to take high school age young people and their parents around the Penrith area to Werrington, St Claire, St Marys Fusion youth centres and PCYC.
The purpose of this bus tour was to introduce parents to the local youth centres, and familiarise them with the various activities run by youth centres after school hours and during school holidays.
- ***Girls Only Day***: this was organised in partnership with Fusion Youth Centre during the 2012 school holidays in Fusion Youth at St Marys.
Twenty five young women from Bhutan, Nepal and Southern Sudan attended this activity. The group participated and enjoyed a 2 hours Bollywood dance lesson, team work workshop, and henna and nail art workshop. The day concluded with a pizza party. The purpose of this activity was to build connection between the Fusion Youth Services workers and the participants.



Participants with the Bollywood dance instructor on Girls Only Day

5.1.3 Youth Camps

Youth camps were organised in partnership with local youth and other services. The purpose for organising these camps was to:

- Teach young people life skills through challenging and enjoyable activities
- Engage them in healthy activities
- Introduce to healthy choices
- Reduce social isolation and minimise anti social behaviours
- Give the young participants the opportunity and chance to experience a pleasant and happy weekend.

Gils Only Camp: was organised in partnership between NMA CALD Youth & Families project, Nepean Wesley Family Centre, at Berry Sport & recreation Centre. Twenty five young women from Nepal, Bhutan and South Sudan attended this camp. During this camp's stay, 4 workshops were conducted with the participants on: Building confidence, Team building, Healthy choices and stand against bullying. These workshops were facilitated by the Nepean Wesley Family Centre - Team Leader and Penrith Multicultural Health - Multicultural officer.





Girls Only Camp participants during the Team Building workshop

Bhutanese women Leadership Camp: was organised in partnership between NMA and Penrith Women's Health Centre. In 2013, NMA in partnership with Penrith Women's Health successfully secured the funding for this camp through Penrith City Council's Community Assistance Scheme.

Twenty Bhutanese women spent 2 days and a night at the Vision Valley Recreation Centre. The purpose of this camp was to:

- Reduce social isolation
- Build leadership capacity
- Promote healthy family relationship/positive parenting
- Promote and introduce the participant to the Australian social context
- Introduce Healthy Living

In the course of this camp apart from supervised activities by the Vision Valley staff, participants attended two leadership workshops and a parenting workshop facilitated by the NMA CALD Youth & Families project worker and the Penrith Women's Health worker.



Bhutanese Women Camp participants listening to the instructor and getting ready for Flying Fox activity

SALAAM young people's adventure weekend: camp was a partnership between NMA, Nepean Multicultural Health, St Anthony's Family Day Care, STARRTS, and Wesley Mission. Thirty young people from Iraq, Bhutan, Nepal, and Southern Sudan participated in this camp.

During this camp, there was a positive communication workshop facilitated by NMA's CALD youth project worker and a workshop on education held by the Penrith Health Multicultural officer.

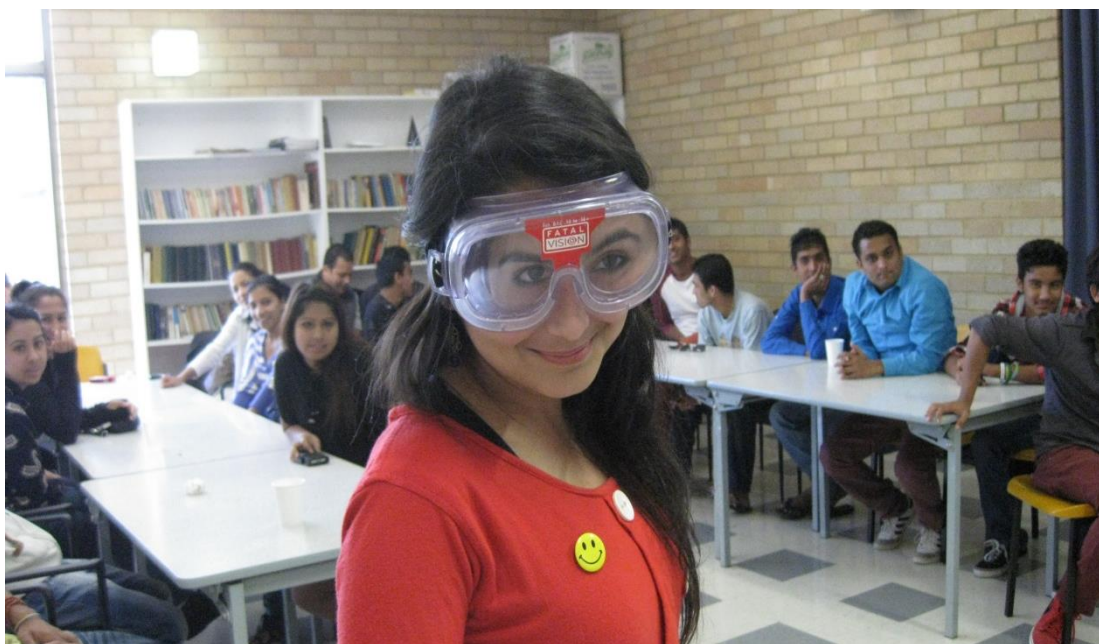


SALAAM young people's adventure weekend attendees are ready for canoeing

5.1.4 Workshops and Information Sessions

The various consultations conducted by the project demonstrated the need to provide information sessions and workshops on topics of interest to the youth and their families. The following workshops & information sessions were conducted with diverse community groups and youth:

- ***Alcohol & Drug information sessions:*** conducted with Bhutanese youth in 2012. Thirty five young men & women participated in this session. In 2014 the project took a two way educational approach to fill the need among CALD young people and their parents and with the mainstream service providers. This two way educational approach helped the students from Penrith TAFE College, and the Nepean Blue Mountain Health District, Drug & Alcohol Team, how to work with CALD youth and communities discussing sensitive issues such as drug & alcohol while using interpreter. This activity was held with Afghan and Arabic speaking students in collaboration with Colyton High School, and on the same day the forum continued with Bhutanese parents. The purpose of this session was to raise awareness of different types of drugs, and the use of drugs as a criminal activity under Australian law.



A&OD workshop participant wearing special goggles

- ***Positive Choices workshops:*** were a set of 4-5 workshops conducted during the Girls Only Camp at Berry Sport and Recreation Centre. The purpose of these workshops was to build the participants' confidence and self-esteem and to assist them standing up against bullying.
- ***Positive Parenting workshops:*** conducted with Afghan, South Sudanese & Bhutanese and Indonesian communities. The purpose of these workshops was to raise awareness of child protection issues in accordance with Australian child protection legislations

among these communities and to enhance their parenting skills in the new Australian society.

- **Leadership workshop:** conducted with the Bhutanese mothers during a weekend camp in order to build their leadership capacity in their community and in the family. This activity was highlighted as a need in an earlier consultation meeting with the Bhutanese community members and the community leader.



Participants during Leadership workshop

Recommendations

A continuation of above activities will enhance participants' awareness on the assistance services, encourage participation and reduce social isolation. It will promote healthy living and healthy family relationships. However when organising activities, youth workers need to keep in mind to:

a) Always get the written permission of the parents/guardians for:

- attendance of the young person to any activities
- to use the young person's artwork, photograph and written stories for the promotion of services and improvement of service delivery
- and have the Risk Waiver in place

b) Consider cultural aspects, age and gender specific participation, therefore:

- avoid games that involve physical contact in a gender mixed group
- do not ask the participants to address gender specific issues within a gender mixed group
- do not ask the participants to share highly personal and intimate issues within a gender mixed group
- do not encourage participants to talk about their sexual preferences in a gender mix group
- do not invite seniors and young adults even of the same gender to participate in activities where sensitive issues such as sexual health, drug and alcohol and gambling are the topic.

- c) Working with an interpreter in the context of workshop/information session could be challenging. Youth workers need to:
- allow extra time for interpreting
 - use simple English
 - speak slowly and clearly
 - make their sentences/paragraphs short

5.1.5 Soccer Training

Soccer training was highlighted as a high need by the Bhutanese and South Sudanese communities at the beginning of 2013. NMA's CALD Youth and Families project worker worked urgently to develop the soccer training program soon after a few meetings with Bhutanese and Southern Sudanese youth leaders. This soccer training was offered to young men and women from migrant and refugee background communities. Organising this training wasn't an easy task, as the program was required to secure a soccer field with the acquisition of essential soccer equipments.

NMA's CALD Youth project was able to provide the necessary equipments for this soccer training including soccer training balls, training bibs, cones etc. However, the difficult and important part for the project worker job was to negotiate with the Penrith City Council to secure a soccer field for the soccer training. This took time, research and negotiations.

In August 2013, Penrith Council granted the permission to use the South Creek Soccer Field for the soccer training on Saturdays from 8:00 am to 10:00 am formalising the training activities that had already begun earlier in the year.

After securing the South Creek Soccer Field the training became intense and two other young Sudanese men joined the team to assist with the training. For the first few months, NMA's CALD Youth project worker was directly supervising the training every Saturday. Since the commencement of this soccer training an average of 30 – 35 young men and young women from Bhutanese background practiced every Saturday.

Since May 2013, a partnership with the Penrith Women's Health Centre allowed the project to get a soccer trainer for the young women participating in the program.

An evaluation was carried out in November 2013 to assess the effectiveness of this training. The training was highly regarded by the participants that expressed their appreciation to NMA in providing this support. They have also agreed that this training assisted to build their skills in playing soccer as well as elevate their self esteem. As a result, they have the confidence to compete in the Bhutanese Interstate Annual Youth Soccer festival/tournament.

It is evident that soccer/football has an important role in the Bhutanese culture and as a result of the work done by this project the community is holding Annual Youth Soccer Festivals each year in different state of Australia. In 2014, it will be celebrated in Sydney. This project facilitated access to soccer field in the Penrith area as well as financially supported the event.

It is also important to address that families with many children do not have the financial capacity to register their children to soccer clubs, thus this training has facilitated the opportunity for their children to practice this sport.



Girls' soccer/football team

Recommendations

- Building links between the soccer training leaders and Penrith City Council to provide the access to a soccer field to ensure the continuation of the soccer practice.
- Consider applying for funding to provide financial assistance to families to enable the young people's participation and links with the register soccer clubs.

Possible funding bodies:

- a) Department of Sports and Recreation,
- b) Local Councils Community Assistance Scheme ,
- c) Community Relations Commission.

5.1.6 Swimming Program

Swimming lessons were highlighted as a need in a consultation/evaluation meeting with young women from refugee background that participated in a weekend camp also organised by this project. This group was concerned about their lack of basic swimming survival skills, which is very much relevant to their new life in Australia. On the other hand participating in private swimming lessons was beyond their or their families' financial capacity even if provided through their schools.

NMA's CALD Youth project sought to involve youth services that could assist with this activity therefore a new partnership was formed with the local swimming centre (Ripples) and Fusion Youth Services. From the 23rd of July to the 20th of August 2013 the first round of swimming lessons was begun with 18 young women from Bhutanese, Nepalese and Southern Sudanese backgrounds at Ripples Aquatic Centre. Six sessions were held on Tuesday afternoons after school hours. This program was highly appreciated and enjoyed by the participants, which led to a second round of lessons from October to December of the same year and eight young Afghan women joined the program.

After the second round, swimming lessons were getting more popular among women from refugee background. Therefore NMA's CALD Youth project in partnership with the Penrith Women's Health project worker lodged an application with the Department of Sport and Recreation and successfully secured funding to further these swimming lessons.

It has been confirmed that the developed partnership will continue after the life of CALD Youth and Families project being extended to the Indonesian and Chinese communities under the Mums and Bubs swimming program.

Despite the popularity and success of the program, the program encountered a little cultural/gender barrier when it came to the use of feminine hygiene material eg use of tampons.

Recommendations

- Continue to build the current partnership that supported the program to ensure its continuation.
- Seek potential partners to expand the program to children under the age of 12. (eg Ripples, Fusion , St Anthony's Family Care).
- Accommodate older women (parents/guardians) into the program
- Make swimming centres aware of cultural issues that affect on participants such as gender issues eg: women only swimming sessions, and hygiene issues
- A cross-cultural or two way educational swimming programs in the Penrith LGA by providing separate venue to meet the needs of women from certain cultures

6.0 Conclusion

Since the commencement of the CALD Youth and Families project, the service delivery was based on the project's aims and objectives within NMA's Policy and Guidelines.

Building strong relationships/networks with youth and other relevant services played a significant role in developing appropriate programs and activities to facilitate the connection between these services and CALD youth and their families. This has increased the CALD young people and their families' knowledge on the local youth and relevant services as well as assisting youth services to enhance their understanding of diverse cultures, cultural differences and practices. This will insure the sustainability after the project is completed, with the soccer training and swimming lessons continuity being an excellent example of the capacity building role of the project.

Youth interaction increased through joint activities with the mainstream youth services such as the 2014 Youth Week celebration (The Valley Youth Festival) where the number of CALD young participants was significantly noticeable.

Organising outdoor activities such as excursions, youth camps and sport activities that were culturally appropriate for many different backgrounds. Before the intervention of this project, the CALD youth participation was not evident in these activities.

The reluctance of some schools in facilitating the access to students from CALD background and to work in partnership with the project had a negative impact on the promotion of project activities and on the number of participants in the activities. This was due to poor communication among the school personnel, lack of staff's proficiency in welfare field or sadly in some cases lack of understanding of the CALD students' special needs to ensure a successful settlement in the new country.

However, a **connection with community members and leaders** and worker's knowledge and expertise on these communities enabled the project to access young people as well as opened the door for the CALD young people to access mainstream services and participate in their activities.

Transport challenges had a significant role affecting the attendance of young people in some activities; especially young women living in areas with poor or not public transport that were not able to attend any after school group activities. In such situations some people prefer not to participate at all, having a negative impact on their successful integration to community life.

Over all, the project reached 2170 people from CALD communities including 1720 CALD youth that participated and benefit from different activities delivered by the project and its partners.

Appendix

This Is a Day for YOUNG PEOPLE 13 – 24 yrs old To Have Your Say

Your opinion is valuable

**Your input will be
acknowledged**



On the 18th of August 2011 from 4.00pm – 7.00pm at St Marys Cnr, Community & Cultural Precinct, 29 Swanston St, St Marys.

Come along have Fun, Dinner & Win a Prize



Nepean Migrant Access is organising a Forum for Youth from Migrant and Refugee Background discussing youth needs and issues in the Penrith LGA. For information please contact Nasren Nasrat on: 9833 2416 & 0426 987 708.

WORKING EFFECTIVELY WITH REFUGEE YOUNG PEOPLE

Half day training provided by STARTTS

Organised by Nepean Migrant Access

Training Contents:

- **The Complexity of the Refugee Experience**
- **The Multi-level Impact of Torture and Refugee Trauma**
- **Working within a Recovery Framework**
- **Impact on You as a Worker**

Date: Thursday 24th November 2011

Time: 10.00am – 1.00 pm

Venue: St Marys Corner, Community & Cultural Precinct, 29 Swanston Street, Building 5, St Marys NSW 2760.

This is a cost free training, morning tea and lunch will be provided.

To register in this training please email: nasren@nma.org.au

Registration will be closed **Friday the 18th November 2011.**

Enjoy a Day Out with your Parents



**A free bus tour around
Penrith to visit services that
may meet your needs**

When: Thursday 12th April 2012

**YOUNG PEOPLE age 12 – 18 & their
PARENTS are welcomed**

Departure: front of DON BOSCO sharp 8.30 am

- **First stop: 9.00 am – 10.00am, St Claire Youth Centre – tour around the centre & morning tea**
- **2nd stop: 10.30 am – 12.00 pm Werrington Youth Centre – tour around the centre, Game/activity & light Lunch**
- **3rd stop: 1.00 pm – 2.00 pm PCYC – playing Archery & meet your local police**
- **Final destination: 2.30 pm – 3.30 pm Fusion St Marys – tour around the centre & afternoon tea at the Fusion Café**
- **Return St Marys Corner at 4.00pm.**

RSVP: By 9th of April 2012 and to book your seats contact Nasren on: 0233 2416 & 0426 987 708 or email: nasren@nma.org.au

Girls Play Soccer



Every Saturdays from 8.00 am – 10.00 am

**@ South Creek Soccer field, Creek Road, St Marys NSW
2760**

12 – 24 years old

- ❖ **Learn how to play soccer**
- ❖ **Be part of an enthusiastic team**
- ❖ **Have fun & make new friends**
- ❖ **Get fit & feel good**
- ❖ **Enjoy your spare time**

**All Girls
welcome!!**

*We provide all the equipment all you need to bring:
love & passion to play and your enthusiasm.*

CALD youth & Families Project at Nepean Migrant Access provide Soccer Training for girls from culturally & linguistically diverse backgrounds, to register PLEASE contact:

Nasren on: 02 9833 2416, 0426 987 708 or email: nasren@nma.org.au

Jacob Lual Kon on: 0478 765 992 or email Jacob: lualkon@hotmail.com

Love Soccer?








Join the Team!!!

Young men age 12 – 25 years old

When: Every Saturdays from 8.00 am – 10.00 am

**Where: South Creek Soccer field, Creek Road, St Marys
NSW 2760.**

-  **Learn how to play soccer**
-  **Be part of an enthusiastic team**
-  **Have fun & make new friends**
-  **Get fit & feel good**
-  **Enjoy your spare time**



*We provide all the equipment all you need to bring:
love & passion to play and your enthusiasm.*

CALD Youth & Families Project at Nepean Migrant Access provides soccer training for young men from culturally and linguistically diverse background. To register contact Nasren on: 98332416 or 0426 987 708, or Jacob Laul Kon on: 0478 765 992 or email: lualkon@hotmail.com & nasren@nma.org.au

YOUTH FORUM

**Young People from Migrant & Refugee
backgrounds**

Discussing;

- ✚ What do you expect from your School?**
- ✚ Exploring Pathways to Higher Education.**
- ✚ The barriers stopping you from reaching your goal.**



13 – 24 YEARS OLD

When: 25 /10/2012 from 5.30pm – 7:30pm

**Where: St Marys Cnr, Community & Cultural Precinct, Building 5, 29
Swanston St, St Marys NSW 2760**

COME ALONG & WIN A PRIZE!!!

Nepean Migrant Access is organising this Forum to give youth an opportunity to have discussions with their peers. For information and to register for this forum please contact Nasren on: 9833 2416 or 0426 987 708 or email: nasren@nma.org.au.

Swimming Classes

Nepean Migrant Access offers **FREE** swimming lessons for young women from migrant & refugee backgrounds



(13 – 25 years old)

six sessions for six weeks, every Tuesdays

Starts: 23rd of July – 20 of August 2013

Interested? Call Nasren on:
0426 987 708 or Aurelia on:
04 277 820 36 or email:
cald@pwhc.org.au

Where: *Ripples*, St Marys
Leisure & Hydrotherapy
Centre, Charles Hackett Dr, St
Marys NSW 2760.