

Nepean Multicultural Access Inc.

Annual Report 2022 -2023



Contents

NMA's aims and values	Page 3
President's report	Page 4
Treasurer's report	Page 5
Auditor's Report	Page 6
Services Report	Page 14
Summary of services	Page 21
Management, Staff and Volunteers	Page 22

Our aim and values:

Nepean Multicultural Access Inc. (NMA) aim is to support all residents in the Nepean Region to achieve equal participation in the community, equal access to resources and services and to assist individuals and community groups development. NMA services are guided by social justice principles, Building capacity and foster community engagement and connections

MISSION

We are committed to work with the communities and service providers in the Nepean Region to facilitate the inclusion and empowerment of all members of the community disregarding their social and economic status, ethnicity, religion, sexual and political orientation or age. Our aim is to assist all community members by providing avenues to reach their potential leading to fair participation in society.

VISION

Nepean Multicultural Access vision is to be a responsive and effectively managed organisation that advocates for and assists with the development and inclusion of all communities and individuals within the Nepean Region. This will be done by working within a continuous evaluation and improvement of our service delivery and governance practices.

VALUES

Respect. Inclusion. Social Justice. Accountability. Continuous improvement.

This is achieved by:

- ✓ providing accurate information and referral services,
- ✓ providing one to one service addressing the issues of individuals
- ✓ building capacity and encouraging engagement
- ✓ fostering independence
- ✓ providing an avenue for social interaction
- ✓ addressing cultural needs and implementing culturally appropriate practices.
- ✓ promoting social cohesion.



President's Report

It is my pleasure to present the Nepean Multicultural Access report for 2022 -2023. The biggest change in the past year was moving back into our new refurbished St. Marys Community Centre office, and after a few hick-ups we have now settled into an outstanding facility, that makes coming to work much more pleasant and productive.

A big Thank You to Penrith City Council, and to our Staff for making this place such a welcoming home away from home.

All our regular services for the year, such as Settlement Services, Multicultural Mobile Day Care Programme, St. Marys Area Community Development Project, and the Arts Health Project have been performing well.

We worked in close collaboration with:

- Penrith Multicultural Interagency and led the planning and delivery of the Harmony Day, Refugee week and international Women Day celebrations
- the Nepean Blue Mountains Local Health District, Multicultural Health Service, to hold the Festival of Inclusion and Multicultural Health Week.
- Penrith City Council; participating in the Multicultural Working group and supporting the consultation process for the Multicultural Action Plan 2024-2027.
- St Marys Town Centre participating in the St. Marys Festival
- ArtWest exhibition, attended by 200people over three days

The very successful Art-Health program was completed in June 2023, we sadly had to say goodbye to David Ryan that was leading the program. David did an outstanding job.

We like to take this opportunity to acknowledge our funding bodies the Department of Health, Clubs NSW, Department of Home Affairs under the Settlement Services International, Department of Communities and Justice and Nepean Blue Mountains Primary Health Network.

I also like to thank all our partners at Government and non- government level for their continued support.

A special Thank You to our very dedicated staff and volunteers for their untiring work to provide these services always with a friendly smile.

Finally, to my fellow committee members Thank You for your time and professional effort during the last few years, time and again we have proofed that our organisation is one of the best around thanks to your input and dedication.

John Joosten.
President

Treasurer's and Auditor's Reports

I am delighted to present the audited financial statement of Nepean Multicultural Access Inc. (NMA) for the period ending 30 June 2023. The organisation is in an adequate financial position and the future looks promising for the organisation despite the consistent challenges of a changing and struggling economy. This year has been difficult. Rising inflation and growing expenses to operate our programs has meant that strict operational changes have been required to ensure our funding has remained adequate. While the future of NMA is still solid, there may still be some difficult days and decisions ahead.

The submitted Financial Statements are in accordance with the NSW Government's Standard Community Services 2010-11 service agreement and Reporting Guidelines and the Federal Government's Australian Charities and Not for Profits Commission Act 2012 and regulation 2013.

In summary, I pleased to report a successful year for NMA with the Statement of Financial Position showing an income for the year of \$797163.18 which came mostly from grants received from the Department of Health Services, Settlement Services International and the Department of Social Service.

Our expenditure for the year was \$798594.12. Much of this expenditure was for staffing costs, including salaries and superannuation contributions. Other significant cost includes program costs, office expenditures, insurances and necessary costs arising out of the upgrade of materials.

Our Statement of Financial Position shows an accumulated funds of \$327450.02. All Financial Statements for the year ending June 2023 are attached showing that NMA's accountability obligations for the year have been met on time and when they become due and payable.

Therefore, I can say that there are reasonable grounds to believe that NMA is in a stable financial position and is well placed to remain so into the future.

I would like to take the opportunity to give utmost thanks to my fellow colleagues of the Management Committee for devoting their own time for the organisation and for steering the organisation into its current, solid position.

NMA are lucky to have exceptional, thoughtful and experienced staff who regularly go above and beyond the needs of the organisation. NMA's strong position in the market is grounded in the superb efforts of its staff. I thank each and every staff member who has contributed to NMA over the past twelve months and applaud them for their efforts during this challenging time.

Grant Wiblin
Treasurer

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Nepean Multicultural Access Inc
ABN 99 948 708 925

Financial Statements
For the year ended 30 June 2022



NEPEAN MULTICULTURAL ACCESS INC
A.B.N 99 948 708 925

Audit Report to the Members
For the year ended 30 June 2023

Scope

We have audited the financial report of Nepean Multicultural Access Inc. comprising the profit and loss account, and balance sheet, for the year ended 30 June 2023.

The committee is responsible for the financial report and they have determined that the accounting policies used are appropriate to meet the needs of the Associations Incorporation Act, the needs of the members, DOH – Department of Health Services, Settlement Service International, DSS – Department of Social Service and Department of infrastructure and Regional Dept, Department of Communities Justice, Wentworth Healthcare Ltd, St Marys Diggers Club, Penrith City Council, Multicultural NSW.

We have conducted an independent audit of the financial report in order to express an opinion on them to the specified users. No opinion is expressed as to whether the accounting policies used, are appropriate to the needs of the specified users.

The financial report has been prepared for the purpose of fulfilling the requirements of the specified users. We disclaim any assumption of responsibility for any reliance on this report or on the financial report to which it relates to any person other than the specific users, or for any purpose other than that for which it is prepared.

Our audit has been conducted in accordance with Australian Auditing Standards to provide reasonable assurance as to whether the financial report is free of material misstatement. Our procedures included examination, on a test basis, of evidence supporting the amounts and other disclosures in the financial report and the evaluation of accounting policies and significant accounting estimates. These procedures have been undertaken to form an opinion whether, in all materials respects, the financial report is presented fairly in accordance with the Accounting Standards and other mandatory professional reporting requirements and statutory requirements so as to present a view which is consistent with our understanding of the company's financial position and the results of its operations.

The audit opinion expressed in this report has been formed on the above basis.

Audit Opinion

In our opinion, the financial report of Nepean Multicultural Access Inc for the year ended 30 June 2023 presents fairly in accordance with applicable Accounting Standards and other mandatory professional reporting requirements in Australia for the year ended 30 June 2023.



Michael Godwin

NEPEAN MULTICULTURAL ACCESS INC
A.B.N 99 948 708 925

Management Committee's Report
For the year ended 30 June 2023

Nepean Multicultural Access Inc. (NMA) is a non-profit organisation funded by the Commonwealth and State government to support all residents in the Nepean region, including culturally and linguistically diverse (CALD) migrants and refugees, to achieve equal participation in the Australian community

In the opinion of the Committee the accompanying financial report, presents a true and fair view of the financial position of Nepean Multicultural Access Inc.as at 30 June 2023 and its performance for the financial year ended on that date.

Committee Members

The names of committee members at the date of this report were


John Joosten	President
Caroline Goosen	Vice President
Connie Reid	Public Officer
Grant Wiblin	Treasurer
Andrew Reid	Secretary
Anne Elliott	Ordinary member
Mia Joosten	Ordinary member
Mark Geering	Ordinary Member
Thant Thaw Kaung	Ordinary Member

Operating Results

The operation result of the organisation was a surplus represented by Income exceeding expenditure.

Year ended 30 June 2023	Year Ended 30 June 2022
\$1,430.94 (loss)	\$2,362.67

This Statement is made in accordance with a resolution of the Management Committee and is signed for and on behalf of the Committee by:


.....
John Joosten
President


.....
Grant Wiblin
Treasurer

Dated: 25 / 09 / 2023

NEPEAN MULTICULTURAL ACCESS INC
A.B.N 99 948 708 925

Consolidated Accounts
Balance Sheet at 30 June 2023

	2023		2022
ACCUMULATED FUNDS	<u>\$ 327,450.02</u>		<u>\$ 328,880.96</u>
Represented by			
CURRENT ASSETS			
NMA - Term Deposit Account	813,792.90	1	800,050.60
NMA - General Account	8,839.80		8,760.99
NMA - Business Online Saver	10.52		58,932.38
Accounts Receivable	25,488.98		215.00
Cash on hand -CSS1,HACC,ADMIN	1,110.00	2	1,110.00
TOTAL CURRENT ASSETS	<u>849,242.20</u>		<u>869,068.97</u>
Non Current assets			
Bus at Net Cost	26,243.75	3	31,492.29
Total Non current assets	<u>26,243.75</u>		<u>31,492.29</u>
TOTAL ASSETS	<u>875,485.95</u>		<u>900,561.26</u>
CURRENT LIABILITIES			
Payables	27,108.38	4	31,704.71
Grant received in Advance-Projects	2,230.00	5	47,536.26
Allocations	173,746.87	6	179,746.87
GST and Fuel Tax Liabilities	10,418.08	7	2,346.89
Payroll Liabilities	15,297.55	8	13,067.57
Staff Leave Entitlements	319,235.05	9	297,278.00
Total Current Liabilities	<u>548,035.93</u>		<u>571,680.30</u>
NET ACCUMULATED FUNDS	<u>\$ 327,450.02</u>		<u>\$ 328,880.96</u>

Michael Godwin (CPA-1598743)
MGA Accounting

Signed:

Date: 25 September 2023

Michael Godwin

NEPEAN MULTICULTURAL ACCESS INC
A.B.N 99 948 708 925

Notes to and forming part of the Financial Statements
For the year ended 30 June 2023

	2023
Note 1 Cash Assets	\$
Commonwealth Bank -Term Deposit	813,792.90
Commonwealth Bank -Business Online Saver	10.52
Commonwealth Bank - General Account	8,839.80
Accounts Receivable	25,488.98
	<u>\$ 848,132.20</u>
Note 2 Cash on Hand	
Petty Cash SSI, CE, SMACD, ART and Admin	610.00
Petty Cash CHSP	500.00
	<u>\$ 1,110.00</u>
Note 3 Non Current Assets	
Bus at Cost	152,121.45
Bus Accumulated Depreciation	(125,877.70)
	<u>\$ 26,243.75</u>
Note 4 Payables	
Sundry Creditors & Accruals	16,991.35
TIL Wages	3,757.61
Relief Wages	6,359.42
	<u>\$ 27,108.38</u>
Note 5 Unexpended Grants	
Unexpended Grants - Project Nine	2,230.00
	<u>\$ 2,230.00</u>
Note 6 Allocations	
Provision for Sewing Machine Maintenance	2,000.00
Community Program Support	16,000.00
Professional Development	5,000.00
Marketing Strategies	3,000.00
Provision for SMACD Program	39,352.05
Provision for Equipment	8,394.82
Contingency	5,000.00
Organisational Restructure	9,000.00
Organisational Support	86,000.00
	<u>\$ 173,746.87</u>
Note 7 GST and Fuel Tax Liabilities	
GST Collected	13,435.39
GST Paid	(2936.31)
Fuel Tax Credit	(81.00)
	<u>\$ 10,418.08</u>
Note 8 Payroll Liabilities	
Superannuation Payable	5,433.55
PAYG Withholding Payable	9,864.00
	<u>\$ 15,297.55</u>
Note 9 Provision for Employee Entitlements	
Long Service Provision	144,586.62
Annual Leave Provision	84,625.47
Personal Leave	32,555.96
Redundancy Leave Provision	57,467.00
	<u>\$ 319,235.05</u>

Michael Godwin (CPA-1598743)
MGA Accounting

Signed:  Date: 25 September 2023

**NEPEAN MULTICULTURAL ACCESS INC
A.B.N 99 948 708 925**

**Notes to and forming part of the Financial Statements
For the year ended 30 June 2023**

NOTE 10: STATEMENT OF SIGNIFICANT ACCOUNTING POLICIES

The financial report is a special purpose financial report prepared in order to satisfy the financial reporting requirements of Nepean Multicultural Access Inc. The committee has determined that the association is not a reporting entity.

The financial report has been prepared in accordance with the following Accounting Standards:

AASB 112: Income Taxes

AASB 1131: Materiality

AASB 111: Events Occurring After Reporting Date

No other Accounting Standards, Urgent Issues Group Consensus Views or other authoritative pronouncements of the Australian Accounting Standards Board have been applied.

The financial report has been prepared on an accrual basis and is based on historical costs and does not take into account changing money values or, except where specifically stated, current valuations of non-current assets.

The following material accounting policies, which are consistent with the previous period unless otherwise stated, have been adopted in the preparation of this financial report:

(a) Income Tax

The entity is exempt from income tax.

(b) Fixed Assets

Fixed Assets are carried at cost less where applicable any accumulated depreciation.

The depreciation amount of all fixed assets are depreciated over the estimated useful lives of the assets to the association commencing from the time the asset is held ready for use.

**Michael Godwin (CPA-1598743)
MGA Accounting**

Signed:

Date: 25 September 2023



NEPEAN MULTICULTURAL ACCESS INC
A.B.N 99 948 708 925

Statement of Changes in Equity and Cash Flows
For the year ended 30 June 2023

Balance at 30 June 2021	\$326,518.29
Net Operating Surplus	<u>2362.67</u>
Balance at 30 June 2022	328,880.96
Net Operating Deficit	<u>(1430.94)</u>
Balance at 30 June 2023	<u><u>\$327,450.02</u></u>

STATEMENTS OF CASH FLOWS
FOR THE YEAR ENDED 30 JUNE 2023

	2023	2022
Cash flows from operating Activities		
Receipts from Funding Bodies & clients	782756.3	980601.61
Payment to Suppliers, employees and etc	<u>827857.05</u>	<u>919827.22</u>
Net cash inflow from operating Activities	<u>(45100.75)</u>	<u>\$60,774.39</u>
Net Increase/Decrease for the period	(45100.75)	60774.39
Cash at the Beginning of the period	868853.97	808079.58
Cash at the End of the period	<u>\$823,753.22</u>	<u>\$868,853.97</u>
Reconciliation of operating Surplus (deficit) after tax to Net Cash inflow From Operations		
Operating Surplus (Deficit) After Income Tax	(1430.94)	2,362.67
(Decrease) increase		
Income to be received	(23636.48)	13,355.00
Accounts Receivable	(1637.50)	(215.00)
Bus Accum Dep	5248.54	5,248.54
Grant rece in advanc	(29306.26)	9,306.26
Accrued Funds	(16000.00)	
Accruals	(4195.58)	7,608.91
Provision for Equipment	(3000.00)	
Community Program Support	(3000.00)	5,000.00
TIL Wages/ Relief Wages	(400.75)	979.00
GST Collected	7387.69	(3231.73)
GST Paid	764.5	(604.49)
Fuel Tax Credit	(81.00)	62.00
Superannuation Payable	631.98	(2462.77)
PAYG Withholding Payable	1598	(4789.00)
Provision for Staff Leave Enti	21957.05	28155.00
	<u>(45100.75)</u>	<u>\$60,774.39</u>

Michael Godwin (CPA-1598743)
MGA Accounting

Signed:  Date: 25 September 2023

NEPEAN MULTICULTURAL ACCESS INC
A.B.N 99 948 708 925

Detailed Income & Expenditure Account
For the year ended 30 June 2023

INCOME	2023	2022
Fuel Tax Credit Income	214.00	59.00
CHSP-Social Support and Transport	283,751.68	279,558.31
SSI-Settlement Delivery and Other	107,553.68	106,330.26
DCJ- St Marys Area Community Development Inc	233,352.34	221,015.28
DCJ- one off Funding		27,000.00
DSS- Community Engagement		134,665.20
WHL-Arts Health Project	22,407.41	28,111.73
Provision Income	19,000.00	
Interest Income	14,670.44	1,804.53
Membership, Refund, Donation	6,534.65	2,179.75
Other Fund / Cash flow boost	73,012.03	27,582.01
Program and Activity Contribution	22,650.80	13,185.62
Class Fees, Arts and Crafts	13,177.10	3,483.00
Workcover		3,501.84
Covid 19 Funding and Other	839.05	34,505.00
TOTAL INCOME	\$ 797,163.18	\$ 882,981.53
LESS EXPENDITURE		
Auditing	1,650.00	2,050.00
Bank Charges	247.08	276.09
Bus - Registration	1,598.99	1,573.17
Bus Insurance	4,095.92	4,046.36
Bus Repair & etc.	4,964.72	1,844.11
Catering	14,674.91	6,931.09
Class Fee, Child Care	10,600.00	6,919.62
Computers, Laptops on Cost & Repairs	54.55	5,843.55
Depreciation - Bus	5,248.54	5,248.54
Dues & Subscriptions	7,288.45	7,364.99
First Aid Allowance	769.14	435.27
Forum, Workshop, etc	11,360.00	5,640.00
Insurances	5,954.55	5,611.95
IT Support, Software, Equipment, Furniture	3,714.64	25,480.66
Legal Cost, AGM, Meetings	1,395.11	207.08
Marketing Promotion and Advertising	1,774.00	545.87
National Crime Check & WWCC	544.97	
Office Amenities and Other	185.05	118.14
Office Supplies and Postage	1,677.40	2,337.30
Photocopying & Printing	3,500.12	2,224.22
Program Cost- Materials, Arts and Crafts, etc	16,797.87	37,577.09
Security, Repairs and Maintenance	898.97	763.56
Staff Leave Entitlements	21,957.05	28,155.00
Superannuation	60,914.38	62,442.37
Telephone, Internet, website	8,801.00	9,603.32
Training, Conference and Work place Health and Safety	4,008.07	2,847.64
Translation & Interpreting	73.67	120.92
Transport Costs	3,969.86	1,977.41
Travel and Mileage Reimbursement	2,692.45	853.44
Volunteers	1,130.77	213.95
Wages & Salaries	583,452.24	- 637,734.14
Workers' Compensation	12,599.65	13,632.01
TOTAL EXPENDITURE	798,594.12	\$ 880,618.86
Surplus/ (Deficit)	(\$1430.94)	\$ 2,362.67

Michael Godwin (CPA-1598743)
MGA Accounting

Signed:



Date: 25, September 2023

Services Report

2022-2023 Overview, a year of challenges and achievements.

Presented by Laura Sardo

The 2022-2023 year was eventful and successful in many different ways. In addition to our client services and regular programs we were responsive to emerging issues, many of them arising from international events that impacted in the local demographics.

Due to the refurbishment of the St Marys Community Centre, we delivered our services and programs from the Memorial Hall it was not always easy but our contractual obligations and the clients' outcomes were not affected.

Since May 2023 we are enjoying a wonderful office space in a fully renovated and accessible community centre. Our sincere gratitude to Penrith City Council for their continuous support and the recognition of our work with the local CALD communities.



We continue to form partnership to address our client's needs, working in collaboration with government and non government organisations as well as continuing to convene and resource the Penrith Multicultural Interagency (PMI).

The Penrith Harmony Day, International Women Day and Refugee Week Celebrations organised by PMI are now traditional events in the life of the LGA with an average attendance of 150 people.



Harmony Day organising team



Celebration

This year we held special events in response to the CALD community information needs such as Cyber Security, Services Australia, Employment readiness workshops and individual clients support in resume writing and job applications.

The employment program delivered in partnership with NSW TAFE, Kingswood. The work done by Shahnaz Martin and Mark Gerrin has been outstanding, they supported 39 people individually, 27 of them got employment in areas ranging from counselling, architecture, administration, nursing, and cleaning.

The two days ArtWest exhibition held in October 2022. After missing 2 years due to the pandemic, the exhibition came back better than ever. David Ryan and the organising committee did an amazing job. David's curating expertise resulted in an exhibition that had 132 local artists and artisans displaying 270 art and craft objects. 193 people visited over the two days.



In partnership with the Multicultural Health Service from the Nepean Blue Mountains Local Health we celebrated Multicultural Health week delivering important information in different languages including local services and programs for all ages.

We participated in the St Marys Spring Festival where we showcased NMA's services to the wider community. The general public contributed to the creation of a poster with the word *Welcome* in different languages, now being displayed in our office.



Multicultural Health Week Celebration



Our stand: St Marys Spring Festival

NMA's staff prove once again their professionalism, commitment and heartfelt dedication to the organisation and the people we serve. It is a privilege to be part of this amazing team. Sadly we had to say good bye to David Ryan, how's contract finished in June 2023. In May we welcomed Eduardo Guerra and Faezeh Zarabimafi to our Multicultural mobile Day care Program, they are already settled in their jobs and doing very well .

Settlement, Engagement and Transition Program (SETS)

Reported by Laura Sardo

NMA has assisted the settlement of recently arrived migrants and refugees in the Nepean Region since 1989. This is done by providing direct services, skills development and capacity building programs aiming to increase their participation in community life.

International events shaped the local demographics in short notice, such as the war in Ukraine, NMA was able to adapt its settlement services according to those variants, always keeping the best interest of the clients as its driving force.

Historically, Penrith and the Nepean Region as a whole, was a second movement settlement area, in the last two years, recently arrived refugees supported by the Humanitarian Settlement Program (HSP) have been housed in short time accommodation across the LGA, mainly in Kingswood, St Marys and Penrith proper.

This recent development saw our service working in collaboration with Penrith City Council, Settlement Services International HSP and SydWest Multicultural Services to encourage the newly arrived to stay in Penrith, providing relevant services and opportunities for a successful settlement in the new country

It was attended by 47 refugees from Iraq, Afghanistan, Syria and Pakistan.

As a member of the NSW Settlement Services Partnership (NSP) led by Settlement Services International (SSI), NMA has supported and actively participated in the activities organised by the consortia at local and State level. We participated in a number NSP working groups including the Government Relations Group (GRG) that advocates and lobby government on the needs and issues relevant to the SETS target groups.

The capacity building work done by the project to assist the development of ethno specific groups and associations and provided support to non-incorporated groups to apply for funding.

The SETS project convenes and resources the Penrith Multicultural Interagency meetings and its members information flow. This active group meets monthly to share experiences, resources, and information and to advocate on behalf of the Culturally and Linguistically Diverse (CALD) communities in the Penrith local government area. The interagency is responsible for the planning and delivery of annual events such as the Harmony Day and Refugee Week celebrations, always hosted by NMA.

Domestic and Family Violence is an issue that presents itself in many ways. We continue to work with communities as a part of our Settlement Program aiming to address Domestic and Family Violence in a culturally appropriate manner within the Australian law. Our goal is to provide education, support and intervention to those newly arrived in Australia.

Case work and Information sessions are a crucial part of raising awareness and educating the community around Domestic and Family Violence. Our sessions topics Included:

- Building Healthy Relationships
- Identifying Domestic and Family Violence
- Understanding Domestic and Family Violence

Employment is essential to a successful settlement, since March 2022, NMA's SETS targeted clients were supported to apply and attend interviews for available positions in many different industries. During this year 27 clients were successful in obtaining full time and part time employment .

This year we:

- Delivered 2 employment workshops
- welcomed 52 new clients and provided services to 134 clients.
- provided 179 referrals
- delivered 66 group sessions
- delivered 15 information session sessions and
- 11 capacity building session

St Marys Area Community Development Project (SMACD)

Reported by Shahnaz Martin and Sarah Mangelsdorf

What a year it has been!

We finally got to move back into the beautiful Community Centre. We had some extra help this time around to move the big items and what a difference it made.

We've all found our offices, making them our own, and finding out what group goes where and how to navigate this space. What a success it has been with everyone putting in their efforts to make our workplace a comfy and inviting environment.

We've had significant progress achieved within the last 12 months as our community-based activities and client base continue to grow.

Our groups continue growing and to evolve with exciting new ones being formed, and many sessions happening throughout the year.

- Art Class – 31 sessions
- Pottery Class – 36 sessions
- South Creek Needle Art – 29 sessions
- Gentle Exercise Monday & Wednesday – 61 sessions
- 33 Sewing Class sessions (in partnership with TAFE)
- 61 Japanese Group sessions
- 7 Tokelauan Group Sessions
- English Class – 11 Sessions
- Drumming group – 18 Sessions
- New clients July 22 – June 23 – 85 New clients
- 3 Employment workshops (in partnership with TAFE)
- Assisted 115 clients
- 360 face to face sessions.
- 8 Stepping on program delivered in partnership with NMA's Multicultural Aged Care program
- 7 Circle of Security parenting sessions in partnership with Gateway Services.



Drumming session



Stepping On Program

Continuing to obtain referrals by mouth, bringing in new clients and friends of clients already here, makes for a very vibrant place. This is a testament to the staff at NMA, and their commitment and delivery of services. With a special thank you to the partners who work with NMA. We do look forward to continuing support with another successful year ahead

Arts + Health Projects:

Reported by Laura Sardo

Sadly, David Ryan contract with NMA finished in June 2023. David's contribution to NMA and the CALD community was outstanding. Fortunately, David moved to a position that enables him to use his art and community development skills. The above summary was taken from David's final reports

June-December 2023. Looking for your wellbeing.

The project was supported by clinicians from the local Multicultural Health Service working with different community groups and using a variety of art mediums. During this reporting period the project delivered

- 12 mental health workshops, 6 in partnership with STARTTS.
- Co-ordinated and curated the ArtWest Exhibition widely.
- Presented NMA operations and services to local Youth Services



From January 2023 to June 2023- Mental Health Youth Project

Nepean Multicultural Access (NMA) consulted with a wide range of stakeholders to develop a paint, plant and wellbeing workshop program and offered it cost-free to young multicultural people. Participants were able to attend in the early evening after school, TAFE, or employment commitments. This psychosocial intervention was attended by a diverse group of participants who were facilitated by multicultural artists, mental health professionals, and youth workers.

NMA collaborated with young people, partners, and service providers to develop an inclusive, safe, and accessible environment where young people from diverse cultural, gender, and religious backgrounds could connect and feel supported.



Multicultural Mobile Aged Day Care Program

Reported by Elizabeth Chavez

NMA's Aged Care Program has been working successfully for more than 30 years now. This Program has proven to be a very important programs for the CALD Frail Aged Community as it helps them to stablsh new contacts and in so many cases new friendships.

The program helps the clients to navigate different systems and to alleviate some of the burden that frail age people encounter specially when technology has become so prominent in today's society.

Our program continues to support the CALD frail aged to live independently and safely at home as long as possible, providing social interaction, information and advocacy which are very important key issues to our clients specially because of the language barriers.

The program supports carers providing a break while the person they care for attends our service

The group activities are planned in consultation with each group and may include board play games, exercise, regular outings and information session on topics of interest.

We are proud to be the only service in this area providing culturally appropriate meals freshly prepared and cook in our center's commercial kitchen, made under strict food handling regulations. As we know food is not just food, it is an opportunity to enjoy everybody's company and to savour food that is familiar to their taste buds and cultural backgrounds.

Providing door to door transport enable our clients access to the service otherwise not unreachable for them.

This year we established the Iranian group and lucky enough to employ a worker from the same background. I like to thank Shahnaz for helping us to establish this group as well as to continue supporting us with communication with the Iranian group.

We worked in partnership with the Nepean Blue Mountains Local Health District to run the Stepping On program with one of our groups. The aim of this program is to help people over 65 years of age to avoid falls and to learn ways to stay safe by learning some exercises and how to gain balance and strength.

We had the following information sessions;

- 8 Centrelink services sessions
- 3 community transport services
- 3 Meals on Wheels,
- 4 access to technology.
- Local government services
- 7 Health related session including medication management, safety at home

The Day Care Program is very grateful to our volunteer Ali Foroghi who is volunteering for one of our groups. His support and commitment are very much appreciated.



Multicultural Group 1

Multicultural Group 2



Iranian Group



Dutch Group



SERVICES SUMMARY



479 GROUP SESSIONS



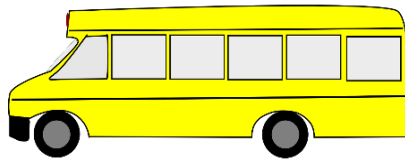
**501 DIRECT SERVICES
SESSIONS**



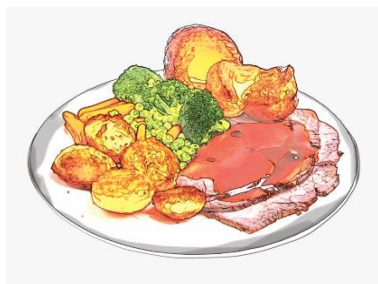
249 REFERRALS



**5 Job opportunities workshops.
42 clients assisted with job
applications
29 clients obtained employment**



3338 TRANSPORT SERVICES



1669 MEALS

2022-2023 Management Committee, Staff and Volunteers

MANAGEMENT COMMITTEE

Executive:

President: John Joosten
Vice President: Caroline Goosen
Treasurer: Grant Wiblin
Secretary: Andrew Reid

Ordinary Members:

Connie Reid (Public Officer)
Anne Elliott
Mia Josten
Mark Gerin

STAFF

Manager and Settlement Services (SETS):

Laura Sardo

Multicultural Mobile Day Care Program Coordinator

Elizabeth Chavez

St Marys Community Development Worker

Shahnaz Martin

St Marys Community Development Worker

Sarah Mangelsdorf

Arts Health Program Coordinator

David Ryan

Senior Finance Officer

Bhamini Nanthakrishnakumar

Multicultural Mobile Aged Day Care Program Workers:

Aida Fratti

Ian MacDonald

Jean -Pierre LeFevre

Eduardo Guerra

Faezeh Zarabimafi

Volunteers

Conversational English Classes

Anne Elliott

Senior's groups

Ali Foroghi

Groups Facilitators:

Pottery group

Kerrie Keefe

Art group

Elisha Schnell

Arts/Health program Pottery facilitator

Gala Grahovac

Textile Print facilitator

Faramo Paulo

Arts+ Health Program Clinicians

Una Turalic
Ben Tart
Stephen Ainsworth



Nepean Multicultural Access Inc.

St Marys Corner Community and Cultural Precinct.

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