



Tapestry

culturally and linguistically
diverse newsletter



FEBRUARY 2007 | ISSUE 1



Welcome

Welcome to the first issue for 2007 of the Tapestry newsletter from The Cancer Council South Australia. This newsletter is for health professionals and health and welfare workers in South Australia's culturally and linguistically diverse (CALD) communities.

Tapestry includes articles and information that will keep you up to date with CALD issues relating to:

- cancer prevention
- cancer information and support
- cancer research
- fundraising events

Please feel free to contact us with any thoughts or feedback relating to items in this newsletter. You may wish to suggest topics for future articles as well. We would be delighted to hear from you.

If you would like to receive this newsletter electronically please contact:

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CALD educators at The Cancer Council

In May 2005 The Cancer Council ran a CALD Community Cancer Education Program for Educators from Chinese, Bosnian, Italian and Arabic speaking backgrounds.

The CALD educators have delivered a wide variety of presentations to different community groups, in houses, clubs, schools and community centres. There have also been a number of radio programs on culturally diverse radio stations. The presentations are free of charge.

If you would like to book a presentation about cancer information and support services from one of The Cancer Council's CALD educators please contact:

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External representation on the CALD Working Group at the Cancer Council



The Cancer Council welcomed two external stakeholders to the past four meetings of the CALD working group at The Cancer Council. They are Branka King and Chris Fitzharris. Branka is a member of the South Australian Multicultural and Ethnic Affairs Commission. Chris is currently based at Salisbury Community Health Centre (Central Northern Adelaide Health Service) where he works with CALD community members, including newly arrived migrants and refugees. He also works one day a week at Community Health Enfield-Men's Health (Central Northern Adelaide Health Service).

Branka and Chris both have an extensive knowledge of different culturally and linguistically diverse groups in South Australia and offer a refreshing and valuable insight into issues that relate to different migrant and refugee communities. Their participation has led to the development of great new networks and the dissemination of health promotional material and information about cancer and cancer support services.

We are delighted that Branka and Chris are able to continue to attend the CALD working group meetings at The Cancer Council and we look forward to a great working relationship in 2007!

From the Breast Screening CALD Project Officer

As Breast Screening CALD Project Officer at The Cancer Council, I'm not often at my desk. My job is to get out and about, connecting with women in culturally diverse communities and encouraging them, particularly those aged 50 – 69, to have regular screening mammograms (breast X rays). These can detect most breast cancers at an early stage, when there is a greater chance of successful treatment.



BreastScreen SA and The Cancer Council cooperate on this project. BreastScreen SA provides free screening mammograms, primarily for women aged 50-69, and aims to screen 70% of all SA women in that age group (including those of CALD background) every two years. Women from some CALD communities participate in screening at almost the 70% target level, but in some other communities the numbers are significantly lower.

The project works to reduce barriers that may affect the inclusion of CALD women. I can provide:

- information sessions for community groups, available on request from The Cancer Council. These can be quite informal, with plenty of opportunity for questions and discussion.
- information about small grants for groups who would like to set up an event that is related to promotion of health issues including breast and cervical screening.
- brochures about breast screening in 14 languages.

Did you know that BreastScreen SA can organise:

- phone interpreters who can assist when women first contact BreastScreen SA?
- free female interpreters who can be booked to attend screening appointments?
- opportunities for group bookings?

Listening to the women I meet, I am aware that health professionals play an important role in women's decisions to have mammograms. I would be delighted to hear from any of you who would like to have more information, or organise a speaker or event. I'm also interested to hear from you about how the project's work might be effective in your community or region.

Please do not hesitate to contact me:

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You have a right to have a say about your medical treatment!

The Palliative Care Council of SA Inc has provided a service to the South Australian community over a number of years in the form of information about Advance Directives – a law that entitles you to have your medical condition and treatment options clearly explained to you by your doctor.

The Council has recognised that it needs to inform people from diverse cultural and linguistic backgrounds of their rights and responsibilities under the Act.

A flyer has been produced that clearly explains your rights when seeking medical assistance. These flyers were initially translated for the Italian, Khmer, Greek, Polish and Vietnamese communities.

The Palliative Care Council has just completed the translation and printing of this flyer into the following languages:- Arabic, Bosnian, Croatian, Hindi, Japanese, Korean, Macedonian, Maltese, Persian, Portuguese, Russian, Serbian, Spanish and Turkish.

The flyer, *Relief, Comfort and Support: caring for a loved one with a terminal illness* is also available in the abovementioned

languages, as well as Chinese. This flyer contains information that would help a person and their family if they have been diagnosed with an illness from which no cure can be anticipated.

If you have any queries, need some advice or wish to receive a flyer, please telephone the Palliative Care Council on 8271 4137, Monday – Friday, 9 am – 5 pm. You can also download a copy of the flyer from our website www.pallcare.asn.au/language.php

Sarita's story

When I arrived from Texas 16 years ago I was married to my husband. We are no longer together. About four years ago I was taking a shower when suddenly I felt a lump in my breast. It was unusual that I found the lump, due to the fact that I never used to examine myself, I always thought cancer was for other people not me. I thought I was special.

After feeling the lump I delayed an appointment I should have made with my doctor because I decided to wait for the yearly mammogram that was booked for the following week. When I went to the appointment the nurses told me that they couldn't help me if I already had a lump, and that I had to see my own GP.



I went to see my wonderful GP. He was very concerned when he felt my breasts and referred me to an oncologist. I saw him the next day, and after having an ultrasound and a biopsy, my oncologist told me with lots of kindness and compassion that I had cancer. I had a very good friend who supported me during this whole day. I went to see my boss and told him that I had to have an operation due to the fact that I had cancer. He was very understanding and considerate.

Due to my faith in God I remained very peaceful during the whole operation. When I called my sister overseas she told me not to be nervous and I thought, "What is she talking about?" I trusted God completely for whatever the outcome was going to be. Two priests gave me the 'Anointing of the Sick', so I was well prepared.

I had a lumpectomy in my right breast and an operation under my arm in case I had cancer in my lymph nodes.

After the operation I had to undergo radiotherapy every day for six weeks. It was extremely tiring and painful. I was feeling so bad that I begged them to leave me alone. I thought that I couldn't go through with it any more. What made it more difficult was the fact that I had to catch a bus to go to the appointments every day. I also continued working during this treatment. The reason I continued working was because I received so much support from my colleagues. This helped me to survive every day. I started to feel lots of pain in my arm, the pain was so excruciating that I would spend my time asking my friends to give me massages in my arm. One day I went to the Lymphoedema Clinic at Norwood and obtained a compression garment for my arm; this really helped me. I was blessed because I attended a conference about lymphoedema around time, so I learnt a lot how to help myself.

During my convalescence I received lots of support from my community who would prepare meals for me and bring them to

the house. My fridge was always full of food, thanks to God. The problem was eating it because by the time I came home I was so exhausted and all I wanted to do was sleep. Also with the treatment I experienced lots of depression.

I survived this experience with God's help to be able to support other women with the same problem. Now whenever I meet a woman who has been diagnosed I feel a special bond with her.

La Historia de Sarita

Cuando vine de Texas hace como unos 16 años yo estaba casada, Ya no lo estoy. Hace cuatro años cuando estaba tomando una ducha y de repente sentí un bulto en mi pecho; Fue raro que la encontrara pues no tenía por costumbre examinarme - siempre pensé que el cáncer era para otras personas y no para mí. Yo me consideraba alguien especial.

Después de encontrar el bulto demoré en hacer una cita con mi médico porque decidí esperar para que me hicieran la mamografía la semana siguiente. Cuando fuí a mi cita las enfermeras me dijeron que no me podían ayudar que tenía que ver a mi propio médico.

Yo fuí a ver mi maravilloso médico, él estaba muy preocupado cuando me tocó los pechos y me refirió a mi futuro Oncólogo. Yo fui a verlo el día siguiente, y después de que me hicieron un ultra sonido y una biopsia, el Oncólogo me informó con mucha amabilidad y compasión que yo tenía cancer. Yo tuve una amiga muy buena que me apoyó durante todo el día. Yo fui a ver mi jefe y le informé que iban a tener que operarme debido a que me habían encontrado cancer. El fue muy comprensivo.

Debido a la fe que Dios me ha dado, pude permanecer en paz durante toda la operación. Cuando llamé a mi hermana en el exterior ella me dijo "No se ponga nerviosa". Yo pensé "¿De qué me está ella hablando"? Yo confío en Dios completamente con cualquier resultado de la operación. Dos sacerdotes me dieron la unción de los enfermos, entonces estaba muy bien preparada para todo

Me hicieron una incisión en el pecho derecho y me cortaron en mis axilas en caso de que tuviera cancer en las glándulas linfáticas.

Después de la operación tuve que recibir radioterapia por 6 semanas todos los días. Me sentía sumamente cansada y con mucho dolor. El tratamiento era tan doloroso, que les pedí que lo suspendieran, pensé que no podía aguantar el dolor. Lo que me complicó más las cosas fue el hecho de que tenía que cojer buses para asistir a mis citas. Y también tuve que continuar trabajando durante este tratamiento. Continué trabajando porque recibía mucho apoyo de mis colegas, lo que me ayudó a sobrevivir cada día. Empecé a sentir un dolor en mi brazo, e tan intenso que me la pasaba pidiéndoles a mis (amigos) que por favor me dieran un masaje para el brazo. Un día decidí comprar una cubierta de tela elastica para mi brazo, lo que me ayudó muchísimo, también me ayudó mucho el hecho de ir a la Clínica de Norwood para linfedema. También fui bendecida al mismo tiempo porque hubo una conferencia gratis sobre linfedema. Entonces aprendí mucho acerca de cómo ayudarme con mi problema.

Durante mi periodo de convalecencia recibí mucho apoyo de parte de de mi comunidad, ellos me preparaban comidas y me las traían a la casa. Mi nevera estaba siempre llena de alimentos, gracias a Dios, el problema era el de comerlos porque cuando regresaba a casa estaba tan cansada que todo lo que quería hacer era dormir. También el tratamiento me producía mucha depresión.

Yo sobreviví esta experiencia con la ayuda de Dios para poder darle apoyo a otras personas con el mismo problema. Ahora cuando conozco a alguien que ha sido diagnosticado con ese problema me siento bien conectada con esta persona.

Working as a volunteer at The Cancer Council



My name is Fred and I was born in Amsterdam in 1944. I worked as a chemist before migrating to Australia in 1973. I started my new life as builders' labourer and then got involved in carpentry, maintenance and security work.

In 2001 I joined The Cancer Council South Australia as a volunteer. What started off as a mutual obligation contract with Centrelink has developed into a most enjoyable pastime.

My volunteer role at The Cancer Council has been varied and interesting. I am working in the warehouse, processing mail orders and also assisting people with product purchases and resources.

I have enjoyed my volunteer work immensely. The best part about it is that I have met so many interesting people along the way. It is great to be a part of a group of people who are dedicated to doing something worthwhile that is also fun.

If you are interested in being a volunteer at The Cancer Council please contact:
Bernadette Reading
Volunteer Coordinator
The Cancer Council South Australia
POBox 929, Unley SA 5061
t 08 8291 4197
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e breading@cancersa.org.au

Are you interested in accessing resources for specific cultural groups?

Please see the enclosed flyer for a complete list of CALD resource kits available from:
Clara Tait
CALD Project Officer
t 08 8291 4153

Quit SA

Quit SA has a wide range of resources and services to assist CALD communities.

The Quitline is a free telephone service which supports people who want to quit with a 12 week call back program. Quitline advisers use the Translating and Interpreting Service (TIS) in assisting CALD callers to quit smoking. They have received cultural awareness training, are non-judgemental and are updated in all relevant knowledge and treatments in smoking cessation. Research has shown that people are more likely to quit smoking if they use the Quitline service. The Quitline number is 137 848. It is open from 9am till 8pm weekdays and 2 till 5pm weekends and public holidays.

The Quit pack is readily available free of charge in 15 different languages as is an information brochure about passive smoking.

Quitskills training workshops are available for health workers free of charge.

- Quitskills 1 provides basic knowledge about tobacco and quitting, brief intervention strategies and services that are available to help clients quit.
- Quitskills 2 provides the knowledge and skills to be able to assist clients quit face to face and to be accredited to facilitate quit smoking courses in the community.

June program

Quitskills 1: Wed 27th June 1-5pm
Quitskills 2: Thurs 28th June 9am-4pm

October program

Quitskills 1: Wed 17th Oct 1-5pm
Quitskills 2: Thurs 18th Oct 9am – 4pm

It would be of great benefit to have CALD community workers trained so they can deliver appropriate assistance to the CALD communities.

Smoking rates in some CALD communities are much higher than in the general community, particularly with some male populations. Health workers with cessation skills not only help people to quit but save lives as well. 19,000 people die every year in Australia due to smoking related illness.

Register online www.quitsa.org.au under health professionals

Additional workshops can be arranged for organisations onsite, if numbers are sufficient. Special language needs can be catered for. Please do not hesitate to contact me with any queries.

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