



Tapestry

culturally and linguistically
diverse newsletter



JULY 2007

ISSUE 2



Welcome

Welcome to the second 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:

Clara Tait
CALD Project Officer
The Cancer Council South Australia
PO Box 929 Unley SA 5061
t 08 8291 4153
f 08 8291 4268
e ctait@cancersa.org.au

Australia's Biggest Culturally and Linguistically Diverse (CALD) Morning Tea

On the 8 May 2007 a morning tea with a difference took place at Thebarton Senior College in Torrensville. The event was the result of a joint initiative between The Cancer Council South Australia, Thebarton Senior College, West Torrens Council, Quit SA and the Palliative Care Council of South Australia. The aim of this event was to raise awareness amongst the newly arrived students at Thebarton Senior College of the services, programs and activities of these agencies.

This event coincided with The Cancer Council's annual fundraising event Australia's Biggest Morning Tea. The students visited a colourful variety of culturally diverse tea and coffee stalls. Each stall represented different agencies and programs and were hosted by members from Chinese, Tongan, Vietnamese, Liberian, Bosnian, Colombian, Farsi speaking and Burmese communities. It provided an excellent opportunity for the students to engage in interactive learning and network in a fun and relaxed environment.

The event was incorporated into the Thebarton Senior College's Life Skills Program offered to 96 students from a variety of different cultural backgrounds who had been in Australia for less than a year.

The visits to the tea stalls followed a series of presentations by Filipino, Kurdish and Chinese speaking guest presenters who spoke about the following subjects:

- Working as a volunteer at The Cancer Council (Cholly Winter)
- A cancer experience (Gala Mustafa)
- Working as a CALD Cancer Educator (Kiuping Zhao)

At the end of the morning everyone was treated to some magnificent Liberian music and dance organised by West Torrens Council.

Evaluations of the morning tea event have been excellent and it is anticipated that similar events will be repeated in years to come.

Pap Smear Awareness Week

Every year Pap Smear Awareness Week (PSAW) is held in May to remind women aged 18 to 70 about the importance of having a Pap smear test every two years. This year the week was launched by the Minister for Health, John Hill.

An extensive media campaign included print and radio promotions in 20 culturally and linguistically diverse (CALD) languages.

A new brochure featuring information on the Human Papilloma Virus (HPV) and its link to cervical cancer was released at the launch. This new brochure has been translated to Dari, Dinka, Swahili, Kirundi and Somali and these translations join a range of resources about cervical cancer screening in another 31 community languages.

During PSAW women from a range of diverse communities and walks of life were given the important message that a regular two yearly Pap smear is the best protection against cervical cancer.

A series of cervix screening information sessions were held for CALD community groups and interviews broadcast on CALD radio programs.

This year eleven CALD community groups used small grants to conduct PSAW activities, including nine broadcasts on CALD radio programs. Most of the radio broadcasts took the form of a discussion between a health professional and the radio announcer about the health benefits of regular Pap smear tests.

The SA Cervix Screening Program and The Cancer Council South Australia extend a special thanks to the radio announcers, health professionals and CALD community women who contributed to these PSAW activities.

By promoting the message of the benefits of regular two yearly Pap smears to a very broad range of women in South Australia, Pap Smear Awareness Week helps to maintain the steady decrease in the incidence and mortality of cervical cancer in this state.

Giuliana Otmarich
CALD Cervix Screening Project Officer
The Cancer Council South Australia
t 08 8291 4111 f 08 8291 4268
e gotmarich@cancersa.org.au

Prostate cancer Call-in 13 11 20

13 September, 6–9 pm

If you, or your family or friends are affected by, or have questions about prostate cancer, you can ring in to the national Prostate cancer Call-in on Thursday 13 September between 6.00 pm and 9.00 pm. Call 13 11 20 for the cost of a local call. Interpreter services are available free of charge.

Experts will be available to answer questions about prostate cancer and discuss any concerns regarding early detection, risk factors, treatment and management of this disease.

Alternatively, Click-in to the Lions Australian Prostate Cancer Website, www.prostatehealth.org.au and 'Ask Andy'. The information sheet Should I be tested? is available on this website in Chinese, Croatian, Greek, Italian, Macedonian, Polish and Serbian.

Relay for Life

Lace up your shoes and join in The Cancer Council South Australia's Relay for Life!

Relay for Life is a fantastic carnival style event that raises funds for The Cancer Council South Australia. As an individual, sometimes it's hard to feel as though you can make a difference. In this event, you join a group of friends or colleagues and as a team, become part of South Australia's response to cancer.

Relay for Life also allows the community to grieve for those it has lost to cancer and to celebrate and support those who have survived.

What happens at a Relay for Life?

- Teams of 10 to 15 people camp overnight at a nominated venue, usually a local oval.
- Each team has a member on the track at all times during the event to keep the baton moving.
- There is live, culturally diverse entertainment, free breakfasts and spot prizes.
- A highlight of the event is the Candlelight Memorial Ceremony.

You don't have to be fit to join in – Relay is for everyone.

How do I join?

- Register as a team captain, and start finding other people to be part of your team
- Each team is encouraged to raise \$100 or more per team member.

Pack up your tent, lace up your shoes, bring your friends and family and get involved in Relay for Life!

Call 1300 65 65 85 or go to www.cancersa.org.au – How to help > Fundraising events for more information.

Upcoming Relay for Life events

Whyalla	Bennett Oval	13/14 October 2007
Clare	Clare Oval	20/21 October 2007
The Riverland	Berri Oval	27/28 October 2007
Barossa Valley	Angaston Oval	3/4 November 2007
Murray Bridge	Imperial Oval	10/11 November 2007
Port Augusta	Central Oval	17/18 November 2007
Mt Barker	Mt Barker Oval	24/25 November 2007

Adelaide Relay for Life is in April 2008.

Will Ventura, Event Coordinator – Relay for Life
t 08 8291 4296
f 08 8291 4180
e wventura@cancersa.org.au



They've sent me a bowel kit in the mail!

Australia is one of the first countries to implement an organised National Bowel Cancer Screening Program (NBCSP). Over the next year, people who turn 55 or 65 years of age between 1 May 2006 and 30 June 2008 will be sent a kit in the mail. People who were part of the Pilot Program a couple of years ago will also be sent a kit.

What is in the kit?



- a free test that looks for blood in your bowel motion – called a Faecal Occult Blood Test (FOBT)
- instructions on how to use the FOBT
- information about the program
- a form to fill in
- an envelope to send the test samples to the laboratory for testing.

People will be informed if their samples contain some blood. This does not always mean there is bowel cancer. They should go and talk to their doctor straight away about further tests.

The good news is that finding bowel cancer at an early stage means it can be more easily treated and cured.

Is there information in other languages?

Information is available in 15 languages – Arabic, Chinese, Croatian, Dutch, Filipino, German, Greek, Italian, Khmer, Macedonian, Maltese, Polish, Serbian, Spanish and Vietnamese.

- Download the information from the website www.cancerscreening.gov.au – choose the NBCSP, then click on Multilingual Information on the left hand menu.
- Call the NBCSP Information Line 1800 118 868
 - Ask for a copy of the information in your language OR
 - Use the Translating and Interpreting Service 13 14 50

Want to find out more about bowel cancer and screening?

The Cancer Council South Australia can provide a community educator to speak to groups on a range of topics, including bowel cancer and screening. Contact Pam Bekkers on 08 8291 4111.

We also have *Finding bowel cancer early* – a printed resource in 16 languages. Go to the Online library on our website www.cancersa.org.au to download it or call **The Cancer Council Helpline 13 11 20** for a hard copy.

Small grants

It was a busy year for the Small Grants Scheme, which supports culturally and linguistically diverse communities to promote important health messages to women.

We were delighted by the number of new and emerging communities who used the grants to inform women about lowering their risk of cancer and the importance of finding cancer early, particularly breast and cervix cancer.

Seventeen communities and three cross-community groups received a total of 32 grants of up to \$250 each. Projects included radio interviews on 5EBI, PBA-FM and Radio Adelaide, an article in a national magazine for Greek women, a website update, articles in community newspapers, and specialised information sessions, to meet the needs of women in both established and new communities in South Australia. For many groups it was their first application for a small grant.

The Small Grants scheme is continuing in this financial year (July 2007 – June 2008), and in addition to the \$250 grants we hope to have funds available for a small number of larger events or projects up to \$500 each.

To find out more about Small Grants, or to discuss an idea you have about an event or project, please contact Margaret Smith or Giuliana Otmarich (details below). The application process is straightforward and we are happy to assist groups who have not applied before.

Margaret Smith
Breast Screening CALD
Project Officer
08 8291 4168
mwsmith@cancersa.org.au

Giuliana Otmarich
Cervix Screening CALD
Project Officer
08 8291 4169
gotmarich@cancersa.org.au

Multicultural Quit resources now available online

The NSW Multicultural Health Communication Service has developed a variety of resources about quitting smoking in different languages. These include:

Title	Products to help you quit smoking
Languages	Arabic, Bosnian, Chinese, Croatian, English, Farsi, Greek, Indonesian, Italian, Japanese, Korean, Macedonian, Serbian, Spanish, Turkish, Vietnamese
Title	Reasons to quit smoking
Languages	Arabic, Assyrian, Chinese, English, Farsi, Greek, Indonesian, Italian, Japanese, Korean, Portuguese, Samoan, Spanish, Tongan, Turkish, Vietnamese
Title	Smoking and pregnancy
Languages	Arabic, Bosnian, Chinese, English, Japanese, Korean, Spanish, Turkish, Vietnamese

These resources can be downloaded from the multicultural section of the Quit SA website www.quitsa.org.au/asp/other_languages.aspx

Kathryn Gleeson, Quit SA Resources
t 8291 4261
f 8291 4268
e kgleeson@quitsa.org.au

Ovarian cancer fact sheets

The Ovarian Cancer Program of the National Breast Cancer Centre has recently produced some fact sheets about ovarian cancer in different languages.

The document "Ovarian cancer: the facts" has been translated into the following languages:

- Arabic
- Chinese
- Greek
- Italian
- Vietnamese

The fact sheets contain information under the following headings:

- What is ovarian cancer?
- What are the risk factors for ovarian cancer?
- What are the symptoms of ovarian cancer and what can you do?

The fact sheets are downloadable from the National Breast Cancer Centre (NBCC) website www.ovariancancerprogram.org.au/ and are also available free of charge from The Cancer Council.

Phone **The Cancer Council Helpline 13 11 20**

Cancer Connect

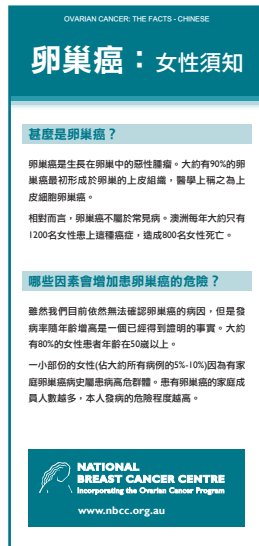
Cancer Connect is a peer support program offered by The Cancer Council South Australia. Volunteers undergo training in order to assist and provide support to people affected by cancer. Patients, family members and friends of people with cancer in turn receive assistance and support from the trained volunteers who have undergone similar cancer experiences themselves.

Fourteen new Cancer Connect volunteers were trained in May 2007. They include volunteers with a family history and a genetic predisposition to developing cancer. They are now equipped to assist others in the same situation.

A number of bilingual Cancer Connect volunteers who speak Italian, German, Indonesian, Mandarin, Filipino, and Greek have also undergone Cancer Connect training.

An interpreter service is available free of charge, for those affected by cancer who need to share their concerns and experiences with a person who understands the cancer experience.

If you wish to be put in touch with a Cancer Connect volunteer please phone **The Cancer Council Helpline 13 11 20** and state the language required.



Lung cancer Call-in 13 11 20

8 November, 6–9 pm

If you, or your family or friends are affected by, or have questions about lung cancer, you can ring in to the Lung cancer Call-in on Thursday 8 November between 6.00 pm and 9.00 pm. Call 13 11 20 for the cost of a local call. Interpreter services are available free of charge.

Experts will be available to answer questions about lung cancer and discuss any concerns regarding risk factors, treatment and management of this disease.

During the Call-in staff from Quit SA will be available to assist people who wish to stop smoking.

The National Australian Health Promotion (AHPA) Conference

Adelaide 1–4 May, 2007

The 17th National Health Promotion Conference *Grass Roots to Global Action* took place in Adelaide in May 2007.

Key points from the conference were to:

- Hold equity as the moral driving force
- Support community action towards health for all
- Use community development and empowerment approaches
- Continually reflect on and measure our practice through a social justice lens

Discussions included the inter-connectedness of the global food supply chain, chronic disease, consumerism, poverty, climate change, fair trade and sustainability.

The themes of the conference covered:

- Politics & Policy
- Building Health Equity
- Alliances and Partnerships
- Globalisation and Health
- Challenging Environments for Local Practice

For more details on the conference please visit the AHPA website at www.healthpromotion.org.au/branches/sa/newsletters