



## WELCOME TO THE WAITEMATA DHB CALD CHILD HEALTH AND DISABILITY NEWSLETTER.

*CALD stands for Culturally and Linguistically Diverse. We're one of several Ministry of Health funded programmes that help Auckland's three DHBs implement the Auckland Regional Settlement Strategy Health Action Plan.*

## STAR JAM LEADS THE HOLIDAY PROGRAMME



During the term break at the end of September a holiday programme was again held for the children in the South Asian and Other Families Support Group. This group is sponsored by the Auckland DHB Child Development Team. The programme was held at the Bhartiya Samaj Charitable Trust Activity Centre during the second week of the term break and was led by Star Jam. Star Jam is a not-for-profit organisation that works with young people with disabilities.

Stefanie Banbury, StarJam's Auckland Regional Programmes Coordinator explains, "Star Jam's purpose is to create empowering performance opportunities through singing, dancing and drumming workshops for young people with disabilities

(known as 'Jammers') to learn and develop skill sets, gain confidence, experience respect and build friendships; things that, because of their disability, they may not have had the opportunity to do before." For more information about Star Jam go to <http://www.starjam.org>.

[starjam.org](http://www.starjam.org).

As an added bonus, on Thursday while the children were in their session, the parents had an opportunity to begin a driver instruction course funded by Adult Community Education and taught by David Rule of Rule Education Trust. Obtaining a drivers licence is a goal for many mothers in this group.

Twenty-eight children attended the programme and were led by tutors Kassandra and Jono. At the end of the week parents were invited to watch the final

performance which was enjoyed very much by both the parents and the children. Dr Annette Mortensen, Project Manager of the Asian, Refugee and Migrant Health Action Plan for the Auckland Region attended the final performance and handed out prizes to the participating children.

The South Asian and Other Families Support Group meets monthly in Royal Oak, with support from Hyma Danthala, Community Health worker Auckland DHB Child Development Team. The group had its end of year programme on 17 November with a programme of music and dance organised by the parents, followed by a lunch. For more information about this group contact Hyma Danthala 639-0200, ext 27507 or email [hymavathid@adhb.govt.nz](mailto:hymavathid@adhb.govt.nz).



### FOR MORE INFORMATION, CONTACT THE TEAM

Im Soo Kim, Cultural Case Worker – 447 0115 ext. 4119

Abdi Musse, Cultural Case Worker – 837 6624 ext. 6199

Hanan Omeradin, Cultural Case Worker – 837 6624 ext. 6004



## WOMEN'S LEADERSHIP GROUP FOR MOTHERS AND CAREGIVERS OF REFUGEE BACKGROUND WITH CHILDREN WITH DISABILITIES

Previously called the Mothers Support Group, this group hosted by the Umma Trust has recently had a name change to reflect the group's broader objectives. The group has the support of several agencies, and is proving helpful in solving issues arising for families well as providing a social network for the women who attend.

The Umma Trust is a charitable organisation providing social and community services to refugee and migrant communities with a specific focus on the wellbeing of Muslim women, children and families who are socially and economically disadvantaged. Meetings are held every second Friday and around 10 women belong to the group. Agency representatives who regularly attend include Hanan Omeradin and Abdi Musse from Waitemata DHB Child Development Service, Kate Williams from Taikura Trust, Parvathi Raghunathan from Ministry of Education, and Anne Lee of the Umma Trust. The group also has the support Teklit Ghebremedhin from CCS Disability Action. Other agencies such as Housing New Zealand and Work and Income attend meetings on request.

Any issues that come up can be handled efficiently because the agency representative hears about them face-to-face and can clarify situations and requirements at the time. For example, one of the children was being sent home from school at 2:00 every day because the school did not have the resources to supervise him for the last hour of the day. Once Parvathi became aware of the situation she was able to work with the school so that the child could attend school for a full day.



One woman who was introduced to the group by a friend who already attended had a 9 year old New Zealand born child with a disability, but because of the stigma attached to disability, she and her husband had tried to hide the disability and were not receiving any support for their child. When the mother came to the group, Kate was able to arrange an assessment by Taikura Trust and supports and services were put in place for the family.

But it's not all just about problem solving. Social activities such as sewing and beauty therapy are also on the agenda, as is volunteer driver training instruction. Counselling and food parcels are also available if required. And recently the Umma Trust has found a provider who brings fresh fruit and vegetables to the meeting for the women to take home. Kiwiharvest is a not for profit organisation that collects excess fresh, chilled and frozen meals and food donations from supermarkets, cafes, growers, caterers and manufacturers, ready for charities to serve or provide nutritious meals to their clients. For more information visit their website at <http://www.kiwiharvest.org.nz>.

For more information about this group or if you would like to make a referral, contact Abdi Musse on 837 6624 ext. 6199, email [Abdi.Musse@waitematadhb.govt.nz](mailto:Abdi.Musse@waitematadhb.govt.nz), or Hanan Omeradin on 837 6624 ext. 6004, email [HananIbrahim.Omeradin@waitematadhb.govt.nz](mailto:HananIbrahim.Omeradin@waitematadhb.govt.nz).

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## PROGRAMME ON COPING STRATEGIES FOR KOREAN PARENTS


In October and November Im Soo Kim, Cultural Caseworker with Child Development Service at Waitemata DHB and Joanna Jensen, a social worker and counsellor with Chinese New Settlers Services Trust offered a 6 session course on self-care, emotional support and coping mechanisms to Korean parents of young children recently diagnosed with disabilities or developmental delays.



Im Soo and Joanna offered the programme last year in English to a multicultural group of parents and feedback had been very positive. This year because there were a number of Korean parents with newly diagnosed children, the programme was offered in Korean.

Chinese New Settlers Services Trust provides community based social services for the Chinese and Korean communities. Their services are provided in Mandarin, Cantonese, Korean, and English. For more information visit their website at <http://www.cnsst.org.nz>.

The sessions were held in the Wilson Home Summer House made available to the group by the Wilson Home Trust. Im Soo commented, "Just being in such a wonderful location so close to nature brought healing to people. We were very fortunate to have the use of such a wonderful facility."

The parents formed close bonds during the sessions, and have continued to meet together as a support group following the conclusion of the course. Support groups are important to reduce social isolation and provide support to families. 

## UPDATE ON FAMILY SUPPORT GROUPS AT DISABILITY CONNECT

Here's an update on the two cultural special support groups which are part of the Culturally and Linguistically Diverse Disability Information and Advisory Service offered by Disability Connect.



The Chinese Families Autism Support Group meets the third Tuesday of the month. Recent meetings have had talks on mainstream and special school education, sensory issues and transition from school to community. The group had its year end Christmas party on

### FROM A CHINESE PARENT:

*'I understand better about sensory system and how I can help my child with Autism to study and do daily activities better through the technique that I learnt today.'*

1 December. All Chinese and Asian families raising a child with autism are welcome to attend these meetings.

The Indian Families of Children with Special Needs Support Group is a new group this year and



continues to meet monthly. Recent topics covered at their meetings include Work and Income supports for disability, Individualised Funding and respite opportunities. Asoka Gamage-Mendis has recently joined Disability Connect as a Community Disability Cultural Advisor and has been working with this group along with Sanny Chan. We'll tell you more about Asoka in our next newsletter.

Feedback from parents about these meetings is always very positive. These groups service a dual purpose of providing information and creating a social network to decrease families' isolation.

For more information about these groups or to refer a family to one of the groups, contact Sanny Chan at Disability Connect [sanny@disabilityconnect.org.nz](mailto:sanny@disabilityconnect.org.nz). You can also phone 526-1298 (DDI) or 636-0351. 

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## TAKE A LOOK AT THE NEW eCALD™ WEBSITE ECALD.COM


As we mentioned in our last newsletter, the online and Auckland-based face to face CALD cultural competency courses for working with patients are now available free of charge to all DHB staff across the country. These courses are CME/CNE/MOPS accredited.

To support this move to a national training programme, a new website has been designed and it is definitely worth visiting. The new website, [www.eCALD.com](http://www.eCALD.com) provides access to the CALD courses and to a number of other CALD resources as well. The new look website has attracted 16,358 visitors over the last 5 months (June 2015-Oct 2015) with 9,988 new visitors and recorded 53,918 page views over the same period. It is viewed by more than 50 countries with information about CALD courses and resources being frequently viewed.



One of the courses, CALD 8 Working with CALD families – Disability Awareness, has been created for anyone working in primary care, secondary care or mental health services who wants to work more effectively with CALD children and adults with disabilities and their families.

The aim of this course is to introduce the learner to the challenges of working with cultural beliefs around disability that impact on treatment and interventions, and also ways to accommodate different beliefs and attitudes wherever possible. There are two prerequisites for the course: CALD 1 Culture and Cultural Competency and either CALD 2 Working with Migrant Patients, or CALD 3 Working with Refugee Patients.

Besides the “Courses for working with CALD patients”, the eCALDTM website also provides access to a number of other resources including “Courses for culturally diverse workplaces” both for staff and for managers. In the Resources/Publications section of the website there are links to a number of New Zealand and international disability-related topics. Additionally in the Resources/Translated Information section there are links to translated resources about Autism. 


**RECENT FEEDBACK** from participant who took CALD 8 Working with CALD families – Disability Awareness: *‘Thoroughly enjoyed this course. It has aided me in my interaction with many new mums that I come into contact with who are of Asian descent.’*



### PRESENTING THE CULTURAL CASEWORKER ROLE TO REFUGEE HEALTH AND EDUCATION CONFERENCES

Abdi Musse and Hanan Omeradin, cultural caseworkers in the Child Development Service at Waitemata DHB who work with families from refugee and Muslim backgrounds have recently had the opportunity to speak about challenges and opportunities for families of refugee background who have a child with a disability.

On 2 October, Abdi gave a presentation at the National Refugee Education Conference, which was sponsored by AUT and the Ministry of Education and held at King’s College. Over 80 people attended Abdi’s session and there was standing room only.

On 3 December Abdi and Hanan spoke about the evaluation of the cultural caseworker role in Waitemata DHB Child Development Service to the Refugee Research Symposium sponsored by AUT. This conference focussed on research for healthy outcomes relevant to public and community health development. 





## THE SAFARI MULTICULTURAL PLAYGROUPS

Refugee mothers with disabled children have many challenges in a country. They may struggle with settlement issues, learning a new language, access to information and services, stigmatization and isolation. Refugee families need extra support to accept and access the support services available to them.

The Refugee Community Health Workers assist families to identify needs, reduce their isolation, assist them to access health services and link them to health and community services.

One important support is the Safari Multicultural Playgroups which are run by Auckland Regional Migrant Services in partnership with the Auckland Refugee Community Coalition. These groups provide a supportive and inclusive environment where former refugee and migrant families can access early childhood education for their children and English language classes for the mothers.

Mothers are able to attend English classes while children are supervised by volunteers. The playgroup helps mothers to improve their social interactions, upskill their parenting knowledge and to access to free learning and play environment for their pre-school aged children. Safari prepares children to transition to kindergarten and early childhood centres.

Auckland DHBs refugee community health worker Sadiqa Hajee says, "I was involved with Safari Playgroups since its formation in 2009. The Safari Play Groups are an initiative I strongly support and will refer families from ethnic communities and from the Child Development team to it. I also coordinate a health promotion sessions to upskill mothers and enable them get access to health information."



During ethnic festivals, mothers are able to invite their extended female family members like mothers-in-laws, aunts, and sisters to come and celebrate the festival and share food from home. Safari created a homey environment and also provides New Zealand work experience for others.

There are 3 Safari Multicultural playgroups located in Lynfield, Henderson and Papatoetoe. For more information go to: <http://www.settlement.org.nz/safari-multicultural-playgroups>. 

### IN THE NEXT ISSUE

Read about the Auckland DHB Child Development Team's project **Empowering families – A cultural perspective** which was a finalist in the Auckland DHB Health Excellence Awards 2015.