Welcoming Syrian arrivals: The Federal Government announced last week that Australia will accept an additional 12,000 Syrian refugees, in addition to the annual quota of 13,750. It is expected that a significant number will settle in NSW. Our nurse-led health assessment clinics will play a role in welcoming many of the new arrivals. The NSW Government has set up a website for those wishing to volunteer any assistance. Background information on Syrian refugees is provided below:

- Refugees from Syria (Cultural Orientation Resource Centre Project, 2014)
- Syrian health profile (WHO)
- Culture, Context and the Mental Health and Psychosocial Wellbeing of Syrians (UNHCR, 2015)
- The Syria crisis, displacement and protection (Forced Migration Review, 2014)

Congratulations to RHS staff: This month the NSW Refugee Health Service (RHS) was awarded two Multicultural Health Communication Awards. One for the online Appointment Reminder Translation Tool; this tool produces appointment details, for the patients, in their own language (now available in 28 languages). The second award was for the How to keep your teeth healthy factsheet, produced by RHS and the NSW Centre for Oral Health Strategy; it is available in Arabic, Burmese, Dari, English, Farsi, Karen, Nepali, & Tamil. RHS congratulates all the winners of this year’s awards for ensuring equity of access to health care information.

RHS in the News: During Multicultural Health Week, SBS World News Australia covered the importance of using health care interpreters. The story featured the Minister for Health the Hon. Jillian Skinner, Director of the Refugee Health Service, Dr Mitchell Smith, and a former patient and social work student on placement at RHS, Shahad Abboud.

Refugee Adjustment Study research update: The Refugee Trauma & Recovery Program (UNSW) would like to thank everyone who has helped in launching the study. It examines refugees and asylum-seekers’ settlement and mental health experiences in Australia. The study has had over 50 participants take part so far, and is still recruiting people over 18, who arrived in Australia after January 2011, to complete a series of surveys (available in Farsi, Arabic, Tamil and English). Paper and pen versions of the surveys are also available. Eligible participants will be reimbursed for their participation.

Healthy Culturally Diverse Communities and Refugee Health Implementation Plan Consultation: Healthy Culturally Diverse Communities and Refugee Health Implementation Plan for SWSLHD draft is available for review and comment by SWSLHD staff, community members and service providers. The Plan focuses on local actions to meet the needs of consumers and communities from culturally and linguistically diverse (CALD) and refugee backgrounds across south western Sydney. Comments can be made on line or by email, until 23 October 2015.

Celebrating achievement and success: Multicultural NSW is inviting NSW organisations (private, public or non-government) to send in highlights of their work, key achievements and celebrations that contribute to multicultural harmony and cohesion.

Young migrant research participants sought for a 90-minute focus group about young men’s and women’s experiences as migrants settling in Australia. The Social Research Centre is specifically seeking people who migrated between 1992-2012, aged
18-29 years, including Muslim males in Bankstown and Auburn, Muslim females in Fairfield, and Sudanese males in Auburn. Participants will be paid $50 for their time. An interpreter can be provided if necessary. Contact Tess on 1800 265 648 (freecall) for more details.

**Senate Select Committee reports on health services in Nauru:** read the Select Committee on the Recent Allegations relating to Conditions and Circumstances at the Regional Processing Centre in Nauru for details. Health-related submissions include: Paediatrician Professor David Isaacs (PDF 210 KB), the Australian Association of Social Workers (PDF 354 KB), and Dr Peter Young (PDF 201 KB).

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### New resources

**Addressing alcohol-related harms:** the Confident Communities Toolkit offers practical guidance on working with African communities to prevent and reduce harm from alcohol, including examples of health promotion strategies developed in consultation with newly arrived communities. Resource developed by the Hunter Multicultural Community Drug Action Team, and the Drug and Alcohol Multicultural Education Centre.

**Working with Interpreters in the Health Care Setting DVD:** this DVD is designed for training sessions on working with interpreters. Contact your local HCIS for copies. Developed by NSW Health Care Interpreter Services (HCIS) with the support of RHS and others.

**Family Safety Pack:** The pack includes factsheets about domestic and family violence, sexual assault, forced and early marriage and family violence and partner visas, support for women coming to Australia on a Partner Visa, by providing information on the family violence visa provisions and available support. Many are translated and pictorial. Developed by the Australian Government.

**Australian Government Support for temporary visa holders:** This Guide provides a basic introduction to the health and other services available to this group of refugees. Produced by Department of Social Services.

**Access and equity in the context of the National Disability Insurance Scheme:** This report assesses the accessibility and equity of the NDIS for people from CALD backgrounds, including people from a refugee background. It makes recommendations to ensure equitable access for these groups. Developed by the Federation of Ethnic Communities’ Councils of Australia.

**Teach-back & Hepatitis B – A tool for practitioners:** is a short video that demonstrates the use of Teach Back in a Hepatitis B context. Teach back is an evidence based technique for clinicians to use, to reduce the chance of misunderstanding important health information. The technique can assist patients with understanding of and being engaged in their own care as well as improving health literacy. Produced by the Centre for Culture, Ethnicity and Health (Victoria).

**Hepatitis B: Information factsheet for the Tibetan community** is available in English & Tibetan. Developed by Promoting Healthy Outcomes for Refugees Inc. (PHOR) in collaboration with RHS, Multicultural Health Service- Northern Sydney Local Health District (LHD), and South Western Sydney LHD.

**SWSLHD Population Health profile:** is an interactive web-based health profile from SWSLHD, which has the highest number of refugee arrivals in NSW. It uses data from the NSW Health Statistics website, Census data to create a range of health indicators.

**Health literacy teaching resources:** “Talking Good Health” is an English as a second language teaching resource. It provides non-English speakers with the language skills to communicate with doctors and health workers, as well as knowledge of preventive health strategies and contact details for relevant health services. Contact Mary Johnston for details. Another health literacy teaching resource, Understanding Good Health, is available from NSWAMES.
A sample of published articles is below. Links to abstracts are provided where full texts are not available for free.


Training and professional development

24 Sept 2015: Discussing FGM - Nimco Ali 'in conversation with Anne Summers' will explore Ms Ali’s fight against FGM., 6:30-8:00pm. Camperdown.


30 Sept 2015: NSW Multilingual Health Information Stakeholders’ Forum 2015, 9:00-4:00, Parramatta.

2 Oct 2015: UN International Day of Nonviolence.

6 Oct 2015: NSW Refugee Health Improvement Network meeting. Special topics: asylum seeker health, and disability. Guest speakers from the Disability Links Program (SSI), Red Cross, and Life without Barriers. 9:30-12:00. Contact the Convenor for details or to request an additional videoconferencing site. To be held at RHS, Liverpool.

8 Oct 2015: STARTTS’ Refugee Ball is a night of inspiring speakers, performances, dancing and fine dining. The keynote speaker is renowned orthopaedic surgeon and Iraqi refugee Dr Munjed Al Muderis. Darling Harbour, Sydney.


14 Oct 2015: The Role of Attachment in Adult Trauma and Recovery: From Research to Clinical Interventions (clinical evening) 6-8pm, Free to attend in person, $5.99 for live webcast. STARTTS Carramar.

15 Oct 2015: Perinatal Workshop for families: Value your mind – make a difference workshop for CALD families. Increase CALD women's knowledge and ability to recognise the emotional changes of pregnancy and motherhood and promote access to services, networks and information within the CALD communities. 9.00am – 12.30pm. Free. Contact Nelma: 9845 6153. Westmead Hospital.


28 Oct 2015: Refugee Health Nurse Teleconference, 10.30-11.30 am. Contact Ruth Buttsworth at the NSW Refugee Health Service for details.


20, 26-27 Nov 2015: Clinical Practice and New Developments in the Treatment of Refugee Trauma (three-day workshop) $349/$219, STARTTS Carramar.

If you have a health-related refugee item for the next Refugee Health E-news please contact us.