

# Multilingual Health Education



**Melton Health Promotion Forum  
2024**



# Acknowledgement of Country

**GenWest recognises that the land on which we work and provide our services always was and always will be Aboriginal land. We pay our respects to Elders past and present.**



We proudly acknowledge the Aboriginal and Torres Strait Islander communities across Melbourne's west, their rich cultures, diversity, histories and knowledges, and the deep contribution they make to the life of this region.

We acknowledge the ongoing impacts of colonisation, as well as the strength and resilience of Aboriginal and Torres Strait Islander communities, and express solidarity with the ongoing struggle for land rights, self-determination, sovereignty, and recognition of past injustices.

# Work we do!

## **Integrated Family Violence Services:**

We provide specialist family violence crisis support to women, non-binary people, and children in the western metropolitan region of Melbourne

## **Health & wellbeing programs:**

We support communities to lead safe and healthy lives, by running social and health education programs

## **Gender Equity Partnership:**

We work with other organisations and councils to advocate for equal rights and in the prevention of family violence. We also support organisations through gender equity capacity building.



# GenWest team: Strategy, Advocacy, Community Engagement (SACE)

## Primary Prevention and Early Intervention:

### Gendered Violence Prevention

- Primary Prevention of Violence Against Women - PVT Partnership
- Workforce Capacity Building Program – Preventing Violence Through Sport

### Sexual and Reproductive Health

- Family and Reproductive Rights Education Program (FARREP)
- Action for Equity partnership
- Take Up Space: Health and wellbeing information for young people

### Early Intervention (Mental Health and Wellbeing)

- Sunrise groups for women with disabilities
- Multilingual Health Education

### Evidence and Impact – organisation-wide



# Multilingual Health Education: Peer to Peer delivery model

*Providing in-language evidence-based, culturally safe and effective health education to women from refugee and migrant backgrounds in Melbourne's west.*

- ❑ Trained inhouse Bi-Cultural workforce
- ❑ Culturally appropriate health education
- ❑ Connections based on commonality of language, culture and lived experience
- ❑ Trust through long term engagement
- ❑ Focus on community capacity building
- ❑ Nurturing community support groups to create more social inclusion pathways for FV survivors



# MHE Team's Process

- ❑ Request received from various community groups and stakeholders
- ❑ Accept request when aligned with our principles of practice
- ❑ Pre-consultation with community leader or partner agency: need analysis completed
- ❑ Tailor session as per need, Deliver and Evaluate

# Current Projects

- Let's Talk Money: Financial Literacy Project
- Project Sitara: Be the Guiding Light! Prevention of Family Violence



# Let's Talk Money

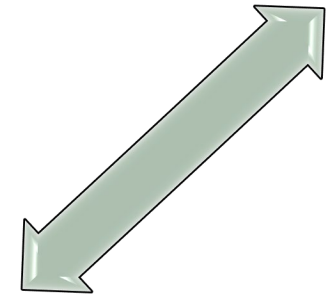
- Partnership with WHIN
- Financial Literacy Training to migrant and refugee communities
- Financial Abuse and Barriers
- Referral pathways to various financial support service providers
- Promote good mental health



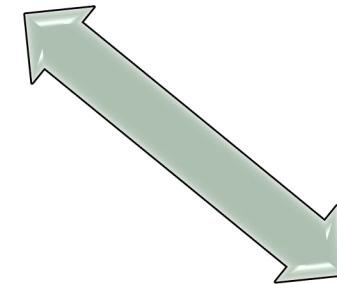


# Money and Mental Health

People with mental health issues find it harder to earn money, manage spending and ask help when facing financial difficulty



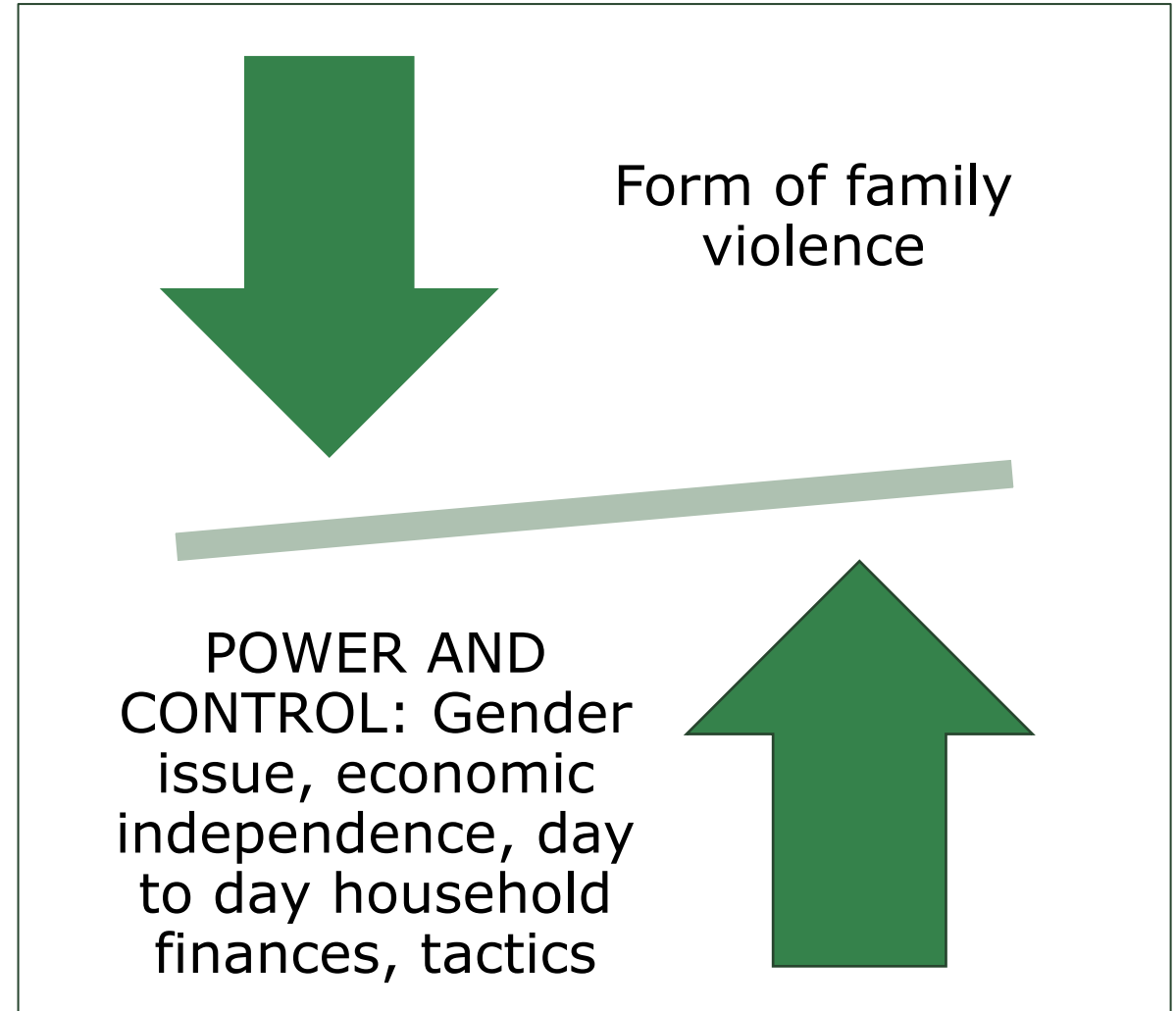
Stress, anxiety and other mental health issues



Financial difficulties



# Women's Financial Capability and Financial Abuse



# Project Topics

<b>Managing money, budgeting and saving</b>	<ul style="list-style-type: none"><li>• What is Contract, Power of Signature, Coborrower and going guarantor</li><li>• Budget planning</li><li>• Different types of banks in Australia</li></ul>
<b>Manage your loans and debts</b>	<ul style="list-style-type: none"><li>• Bankruptcy</li><li>• Financial counseling, NILS, common legal issues</li></ul>
<b>Tax and Super management</b>	<ul style="list-style-type: none"><li>• Understanding Tax and managing Superannuation</li></ul>
<b>CentreLink</b>	<ul style="list-style-type: none"><li>• Eligibility check for various financial benefits schemes and support available from CentreLink</li></ul>
<b>Tenants Victoria: Guest Speaker</b>	<ul style="list-style-type: none"><li>• Rights and responsibilities of tenants and where and how to get support</li></ul>

# Project Sitara: Be the Guiding Light!

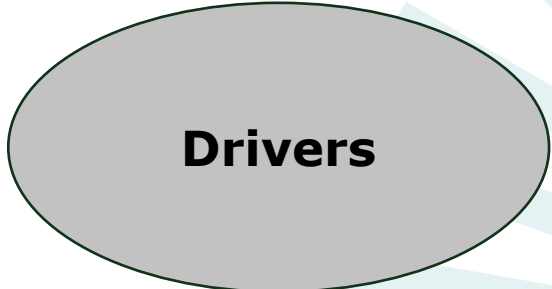
- ❖ Pilot Project that aims to build capacity of community leaders
- ❖ Target Audience - Ladies Club 60 – group of Indian Elder Women
- ❖ Culturally Sensitive, tailored content from 3 R's training
- ❖ 3- Day workshops in language, culturally relevant videos and activities
- ❖ Long term vision: Capacity Building in Multi-Lingual groups, bridging gap between community and mainstream services.



# Aim and Project Deliverables

- ❖ Aim to **empower community members**, equip community leaders with **vital tools and techniques**, provide **reliable, fact-based information** and support towards PVAW, and **enabling them to become Community Ambassadors**: in identifying family violence, its causes and discriminating attitudes as well as behaviours that support violence against women in Indian cultural context.
- ❖ The co-design module aims to **address deep rooted rigid gender roles** and its impact on the lives of their children: daughters, sons and daughters-in-law, sons-in-law, and grandchildren and **establish them as ambassadors for change in their community**
- ❖ Build capacity of Community Ambassadors to **reach out to community members and support them in identifying violence and their rights in Australia** with regards to family violence.







# I M P A C T

*"Now onwards I will check everything in more detail before signing them and try to understand it beforehand"*

*"Knowing about the process of visiting emergency was extremely helpful, didn't know about TIS and it's use so now we will feel better that we can get to talk in our own language."*

*"13SICK option is very helpful. I used to think going to GP is the only option, but it is better. You can wait in comfort of our home".*

*"Most important thing I learnt today was about breast screening, how self-examination is so helpful."*

*"I was worried about my mother's debt but after this session today I will go and call financial counsellor in my area and find out the solution. I am more relieved that they won't charge any fee from me."*

# Questions?



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