

## Newsletter

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### 1. Badminton Family Fun Day

Save the date! On 27 Mar 2021, ACMAV will be hosting another fantastic day of crazy badminton. Spots will be limited due to COVID, so keep your eyes peeled for registration opening. A not so secret rumour has it that this year's badminton t-shirt will be super trendy and fashionable. Check out the website (<https://acmav.org/baddy2021>) for more details and for registration. An info flyer is also attached below.

### 2. Continuing Professional Development (CPD) Accredited courses with CoreUS

CoreUs is conducting CPD Accredited courses this April to teach the skills and techniques to overcome communication and personality-based problems.

#### **3-Day Process Communication Model (PCM) - Part 1**

Do you often find it difficult to connect and engage with different people, especially challenging personalities? Learn skills to be a more dynamic leader and a better communicator. Connect with different personalities by understanding the mindset, behaviour, motivation and distress patterns of each personality type. Proven to help participants gain an awareness of self and of others while improving engagement and interaction between people.

Dates: 12, 16 & 19 April 2021

Location: St Kilda, Melbourne.

#### **1-Day Leading Out of Drama (LOD)**

Do you find it challenging to have difficult discussions to resolve conflict in your workplace or at home? Learn practical skills to manage conflict and drama during discussions or procedures. Recognise the behaviours people show when in negative conflict, and utilise the skills to turn a negative situation into a positive one.

Date: 22 April 2021

Location: St Kilda, Melbourne.

**Contact:** Kenn Rodrigues      **Em:** [kenn.rodrigues@coreus.com.au](mailto:kenn.rodrigues@coreus.com.au)      **Mob:** 0451396871

**Link:** <https://coreus.com.au/contact/>

Please see attached information pamphlets.

### 3. Multilingual Older Persons COVID-19 Support Line

This support line is funded by the Australian Department of Health, covering Greek, Arabic, Vietnamese, Mandarin, Cantonese and Italian. This provides in-language information and support on aged care services and programs related to COVID-19 for diverse cultural backgrounds. The Mandarin and Cantonese support phone lines are free and available 2pm-5pm (Melbourne Time) Mon-Fri (except public holidays).

Mandarin: 1800 549 847

Cantonese: 1800 549 848

Please find attached: Media release in English, Mandarin & Cantonese and English promotion flyers

Mandarin Video: [https://www.youtube.com/watch?v=p\\_Pm65oks14](https://www.youtube.com/watch?v=p_Pm65oks14)

Cantonese Video: <https://www.youtube.com/watch?v=sp3kLkBIVnc>

To receive updates please email [multilingual@culturaldiversity.com.au](mailto:multilingual@culturaldiversity.com.au) to be added to our mailing list, alternatively you may want to follow the Centre for Cultural Diversity and Ageing on social media such as [Facebook](#).

<https://www.sbs.com.au/news/a-new-phone-line-is-providing-tailored-coronavirus-information-for-older-australians-in-six-languages>

<https://agedcareonline.com.au/2021/02/Older-Australians-Get-Access-to-Pandemic-Advice-with-New-Multilingual-Support-Line>

<https://www.sbs.com.au/chinese/cantonese/zh-hant/a-new-phone-line-is-providing-tailored-coronavirus-information-for-older-australians-in-six-languages>

<https://www.sbs.com.au/chinese/mandarin/zh-hans/a-new-phone-line-is-providing-tailored-coronavirus-information-for-older-australians-in-six-languages>

#### 4. Chinese New Year Lunch

Thank you to everyone who attended a fantastic Chinese New Year lunch on 28 Feb. It was lovely to see each other after such a long time. We hope that our COVID numbers remain low so that we may continue to come together as a community this year, and recommence in-person dinner seminars. Also, a huge thank you to those who voluntarily pulled out of the recent Chinese New Year Lunch due to restrictions.

#### 5. Long-term Career GP Position Open

Currently searching for an experienced GP looking for a long-term career; special interest in medical acupuncture is a bonus. Conditions negotiable.

Enquiries to contact Dr Ka Sing Chua at **Rangeview Medical Surgery and Acupuncture Centre** at **9873 4143** or mobile at **0409 838 388**. Please send a current brief CV to [kasingchua@hotmail.com](mailto:kasingchua@hotmail.com)

#### 6. Quit's Sticky Blood Campaign

Quit's new television-led public education Sticky Blood Campaign aims to raise awareness of the link between smoking and cardiovascular disease. This is running for 6 weeks from 28 Feb. Quit has developed resources for Mandarin + Cantonese-speaking Victorians, who can also make an appointment to speak to a Quitline counsellor with interpreters (<https://www.quit.org.au/articles/smoking-causes-sticky-blood-information-chinese-community/>).

##### Resources:

<https://www.quit.org.au/articles/mr-mas-story/>

<https://www.youtube.com/watch?v=eCboq3n7Z3I>

Please find a brochure attached at bottom of newsletter.

#### 7. Jean Low Donation

A big thank you to Jean Low for a generous donation of \$1000 to the ACMAV Health Promotion Trust.

Should you also be interested in supporting the HPT, please either contact ACMAV ([office@acmav.org](mailto:office@acmav.org)) or visit the ACMAV website (<https://acmav.org/Donate>).

#### 8. Clinic to Cloud - looking after ACMAV members

Clinic to Cloud is offering ACMAV members free upfront setup including migration from some other systems. This is usually valued at thousands of dollars. They will also ensure ACMAV members have access to their help centre, chat support and phone support. Any members who are interested should contact ACMAV committee who will provide a letter with the promo code.