

cohealth bicultural program

Impact Report
2022 – 2023

cohealth acknowledges the Traditional Custodians of the land and waterways on which our offices stand, the Boon Wurrung, Wurundjeri and Wathaurong people, and pays respects to Elders past and present.

We acknowledge the Stolen Generations and the historical and ongoing impact of colonisation on Aboriginal and Torres Strait Islander peoples.

We also recognise the resilience, strength and pride of Aboriginal and Torres Strait Islander communities. Aboriginal and Torres Strait Islander peoples' living culture is the oldest continuing culture in the world, and we acknowledge that the land and waterways are a place of age-old ceremonies of celebration, initiation and renewal.

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		acknowledging lived experience	
		cohealth acknowledges the participation and involvement of all people with lived and living experience that engaged in the bicultural program or shared their experiences with a bicultural worker.	

what is a bicultural worker?

A bicultural worker is a person employed to use their cultural knowledge, language skills, lived experience and community connections to work with people who they share a lived experience with and with mainstream organisations. Bicultural workers elevate community voices, advocate for their needs, co-design and deliver programs, share information and facilitate cultural safety.

You can learn more about our bicultural worker program at

<https://bit.ly/biculturalprogram>



Left to right, Esset Kahsay (bicultural worker), Sofia Awata (community member), Nura Awata (bicultural worker), Mona Yagoub (community member), Firdos Saleh (bicultural project officer).

bicultural program objectives

1. Develop participant skills and confidence to act as bicultural workers (BCWs)
2. Support employment readiness of bicultural workers through professional development, information sharing and networking
3. Improve the health and wellbeing of refugee and asylum seeker communities through delivery of community-led projects
4. Work in partnership with bicultural workers to;
 - Educate organisations and their staff about the role of bicultural workers, the benefits they bring and facilitate employment opportunities
 - Build sector capacity to employ bicultural workers in a culturally safe way

program outcomes 2017-2023

214,684

people directly reached



280 bicultural workers engaged

Bicultural workers engaged through the Victorian BCWs Network (26 BCWs employed at cohealth as casual staff & 2 part time bi-cultural project officers)



212,360 refugees engaged

Refugee community members engaged through bicultural led projects



1,603 staff engaged

Staff from the community, health and government sectors engaged in capacity building



138 capacity building workshops

Capacity building workshops delivered to bicultural workers



150 community led projects delivered



14,350 hours of paid employment

Paid employment for bi-cultural workers across different programs at cohealth



1,700 employment or opportunities

Employment or capacity building opportunities shared with bicultural workers



130 professional references provided



73 professional development opportunities

Delivered to staff from community/health sector

a snapshot of our year 2022-2023

72,213

people directly reached



275 bicultural workers engaged

Bicultural workers engaged through the Victorian BCWs Network (31 BCWs employed at cohealth as casual staff & 2 part time bi-cultural project officers)



71,105 refugees engaged

Refugee community members engaged through bicultural/community led projects



233 staff engaged

Staff from the community, health and government sectors engaged in capacity building



32 capacity building workshops

Capacity building workshops delivered to bicultural workers



73 community led projects delivered



7000+ hours of paid employment

Paid employment for bi-cultural workers across different programs at cohealth



250+ employment or opportunities

Employment or capacity building opportunities shared with bicultural workers



35 professional references provided



19 professional development opportunities

Delivered to staff from community/health sector



7 group supervision sessions

Sessions with a psychologist for bicultural workers

cohealth's
bicultural
program is the
proud winner of
the Heath Award
at the Victorian
Multicultural
Awards for
Excellence 2022

VICTORIAN
MULTICULTURAL
AWARDS FOR
EXCELLENCE
2022



objective 1

develop participants skills and confidence to act as bicultural workers



A total of 32 capacity building workshops and 7 group supervision sessions were delivered to bicultural workers participating in the project.

26 cohealth BCWs responded to an evaluation survey giving feedback about their experience of the program.

- **100%** built skills and confidence to work as a BCW
- **100%** increased skills and confidence to deliver projects with their community that support their health and wellbeing
- **100%** Increased their knowledge of available service and resources to support their community

the bicultural internship program was delivered for the fourth time in 2023



2 bicultural workers who graduated the bicultural internship program were employed as 'Bicultural Project Officers' to lead delivery of this year's internship program, for the first time ever!



11 people have graduated from Tibet, Burma, Ethiopia, Iran, Syria, Afghanistan and Eritrea.

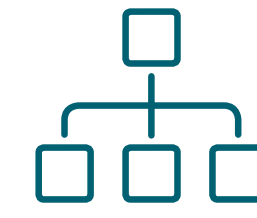
Graduates will join cohealth's bicultural program team and begin delivering community-led projects



Left to right, Chin Pastor (community member), Firdos Saleh (bicultural project officer), Noami Bawithakhun Thangeng (bicultural worker), Jasmine Phillips (bicultural program lead), Vanbawithawng (bicultural project officer).

objective 2

support employment readiness through professional development, information sharing and networking



100% of participants gained professional development, networking and employment opportunities



7000+ hours of paid employment for bi-cultural at cohealth



250+ employment or capacity building opportunities shared



35+ professional references provided

cohealth's Victorian Bicultural Workers Network hosted over 275 members

Through co-design the following themes have been identified as bicultural workers priorities, interests and needs from the network

A word cloud on a teal background containing various themes. The most prominent word is 'community'. Other significant words include 'networking', 'support', 'activities', 'bicultural', and 'language'. Smaller words include 'employment', 'businesses', 'development', 'networking', 'support', 'community', 'champions', 'development', 'documentary film', 'multicultural festival', 'minority communities', 'network's mission', 'opportunity', 'network administrators', 'good connection', 'job', 'support our community', 'training', 'greater understanding', 'mentoring program', 'community and other organisation', 'activities in the community', 'mental health', 'community organisations', and 'leaders in the community'.

leaders in the community
community organisations mental health
activities in the community
community and other organisation mentoring program
bicultural greater understanding
support our community training language
great work **community** job
employment activities good connection
businesses network administrators
network's mission opportunity **support**
development documentary film multicultural festival
networking minority communities
community champions

objective 3

improve the health and wellbeing of refugee and asylum seeker communities through community-led projects



150 community led projects were delivered and reached 71,105 people from different refugee communities.

These projects were co-designed with bicultural workers and their communities to respond to communities' self-identified needs.



100% of cohealth BCWs believe the bicultural program is important and is having a meaningful impact on the lives of people from refugee backgrounds.

community- led projects

The main themes explored in
community-led projects



connection to community and culture 1500+ engaged

550 people responded to a survey
97% built community connections



mental health and wellbeing 850+ engaged

645 people responded to a survey
98% increased their confidence to care for their wellbeing



healthy and active living 1000+ engaged

300 people responded to a survey
100% increased their confidence to live a healthy and active life



health literacy and system navigation 1500+ engaged

350 people responded to a survey
98% increased their knowledge of available supports and how to access them

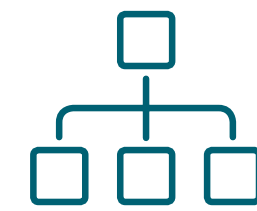
objective 4

work in partnership with bicultural workers



educate organisations and their staff

about the role of bi-cultural workers, the benefits they bring, and facilitate employment opportunities



build sector capacity to employ

bicultural workers in a culturally safe way

233

staff from community, health and government sectors attended **19** capacity building sessions. **80** people responded to the evaluation.

100% increased their understanding of the benefits of BCW

100% increased their confidence to create culturally safe work environments for BCWs

100% increased their understanding of bicultural workers roles and responsibilities

100% would endeavour to implement at least one component of the professional standards

98% increased their confidence to implement more inclusive recruitment strategies

64% would aim to implement all aspects of the standards at their workplace

cohealth's bicultural program supported the Victorian Refugee Health Program to establish a bicultural workforce across 5 community health organisations.

The Professional Standards for BCW training was delivered to all participating teams and 2x cohealth bicultural workers helped to establish a community of practice for new BCWs cohealth employed **3** new bicultural refugee health connectors. They engaged **245** new refugee clients and delivered **12** community-led health and wellbeing activities to **2000+** people from refugee backgrounds.



Left to right: Mona Adnani Salehi (bicultural worker) and Tenzin Khangsar (bicultural worker)

advisory group membership

Alfred and Star Health 'BCWs in Mental health working group'

Foundation House 'Western Community Advisory Group'

Victorian Refugee Program 'Bicultural workers Community of Practice'

Centre for Ethnicity and Health – 'Multicultural Sexual and Reproductive health advisory group'

cohealth 'Community engagement community of practice'

Victorian Refugee Health Network

Wyndham Humanitarian Network

Brimbank Councils Youth Links

Yarra Multicultural Services Network



appendix - community led project outcomes 2022-2023

community	project activity	objectives	reach/LGA	outcomes
Iraqi	Youth Athletics Deliver weekly (10 total) athletics sessions, for youth from Iraqi background	<ol style="list-style-type: none"> 1. improve mental health and self-confidence 2. increase in understanding of the importance of physical activity and increased confidence to be more active 3. increase in social connection and stay linked to other youths 	Total Reach 280 30 ongoing Participants Ages 8-15 Brimbank, Melton	26 participants responded to the evaluation <ul style="list-style-type: none"> • 100% of the participants have learnt new information about the importance of the physical activities for their health • 100% learnt new skills about athletics and enjoyed it • 100% stated that the session helped them have more social connection with youth and other people from their community • 98% learnt new information about healthy and active lifestyle and how sports can improve their body, mental and physical health
Tibetan	Hydro Deliver 40 x Hydrotherapy sessions with 10-15 elderly people from the Tibetan community with a physiotherapist	<ol style="list-style-type: none"> 1. increase participants understanding about the importance of physical activity 2. teach hydro skills and strategies to support physical health 3. increased participants confidence to be more active 4. increased social connection with among Tibetan elders 	Total Reach 400 15 ongoing participants Ages 50+ Maribyrnong	10 participants responded to the evaluation <ul style="list-style-type: none"> • 100% stated that because of participating in the program they improved their overall wellbeing. • increased their understanding about the importance of physical activity • learnt new skills and strategies to support their physical health • increased their confidence to be more active • increased social connection with their community
Mixed	Women's Yoga Deliver 40 x Yoga sessions to 10 x Women living in Richmond (particularly of Muslim faith and living in public housing)	<ol style="list-style-type: none"> 1. increase level of physical activity among women 2. encourage women to foster meaningful connections within their community 3. encourage healthy ways of coping with stress 	Total reach 180 10 ongoing participants Ages 18-50 Yarra	10 participants responded to the evaluation <ul style="list-style-type: none"> • 100% increased their overall physical activity • 100% built their strength • 70% stated that yoga helped at reducing muscle pain and stress

community	project activity	objectives	reach/LGA	outcomes
Chin	<p>Social Badminton</p> <p>Weekly (40+) social badminton sessions for Chin community in the West Establish a Viber group for planning and information sharing</p>	<ol style="list-style-type: none"> 1. promote physical activities through Badminton 2. increase physical and social participation through Badminton 3. improve wellbeing of community through sport & social connections 	<p>Total reach 50</p> <p>Aged 18-45 Wyndham, Brimbank, Hobsons Bay</p>	<p>10 participants responded to the evaluation</p> <ul style="list-style-type: none"> • 96% stated that having a social group has made it easier to play more badminton. • 80% made new friends through this social group • 74% improved their badminton skills participating in this social group.
Arabic	<p>Recycling Information</p> <p>Deliver 2x recycling information sessions online for the Arabic speaking community</p>	<ol style="list-style-type: none"> 1. share information about the recycling system In Australia. 2. increase confidence to recycle accurately 	<p>Total Reach 14</p> <p>All ages Brimbank and Melton</p>	<p>14 participants responded to the evaluation</p> <p>100 % stated that the session increased their;</p> <ul style="list-style-type: none"> • understanding of the recycling system in Australia • knowledge about what goes into each bin and how the recycling system works in Australia
Iraqi	<p>Youth Soccer Program</p> <p>8 week soccer program for 50+ Iraqi youth and a final celebration</p>	<ol style="list-style-type: none"> 1. increase understanding of the importance of physical 2. increase confidence to be more active 3. increase social connection among Iraqi youth 	<p>Total Reach 230</p> <p>50 ongoing participants Aged 4 to 12yo Brimbank</p>	<p>45 participants responded to the Evaluation</p> <p>88.9% agreed to have;</p> <ul style="list-style-type: none"> • learnt new information about the importance of the physical activities for health • gained new skills and confidence to play soccer and be active, • increased their weekly physical activity, and social connection <p>93.4% also believe that</p> <ul style="list-style-type: none"> • The program has made positive impact on their overall wellbeing
Eritrean	<p>Women’s empowerment</p> <p>Host a stall and deliver information session to East African women about available support services at cohealth</p>	<ol style="list-style-type: none"> 1. increase understanding of the different services available at cohealth and referral pathways. 2. increase social connection through networking 	<p>Total reach 200</p> <p>All ages (families) Wyndham, Maribyrnong, Moonee Valley, Yarra, Brimbank, Hobsons Bay and Dandenong</p>	<p>“Very nice to see someone from the community telling us about cohealth and the different services”</p> <p>“We need more session like this”</p> <p>“I am new in Melbourne, and I feel more relaxed knowing about all of this information”</p>

community	project activity	objectives	reach/LGA	outcomes
Chin	Youth Social Connection Social Night for youth members from different Chin churches.	<ol style="list-style-type: none"> 1. improve emotional wellbeing and social connection 2. build & maintain stronger bonds between the youth and community leaders 	Total Reach 20 Ages 12-30 Wyndham vale, Maribyrnong, and Melton	<p>A speech was presented by one of the youth leaders encouraging youth members resilience by sharing his personal journey overcoming hardship and becoming a youth leader at the Gospel Baptist Church of Melbourne.</p> <p>Feedback from the group was overwhelmingly positive</p>
Chin (Falam)	Social Activity- End of Year Road Trip A road trip for Burmese students and newly arrived families who are socially isolated or alone during Christmas and New year	<ol style="list-style-type: none"> 1. improve emotional wellbeing 2. increase participants social connection and reduce isolation 	Total reach 28 All ages (families) Melbourne, Wyndham	<p>"This is my first ever road trip on Australia, and I really love it, please organise more trips for us." <i>RMIT student</i></p> <p>"We need more road trips like this, it is so hard to do anything like this by ourselves." <i>Swinburne Uni student</i></p> <p>"This is the best road trip; I have been wanting to go for a long time but because I don't have a car."</p> <p>"Can we keep this group and go for a road trip again another time."</p>
Iraqi	Girls Gymnastics program 5 week gymnastics program for Iraqi girls	<ol style="list-style-type: none"> 1. improve participants mental health, self-confidence, and self-esteem 2. increase physical activity 3. increase in social connection 	Total reach 150 32 ongoing participants Ages 8 -14 Brimbank Council Area	<p>32 participants responded to the evaluation</p> <ul style="list-style-type: none"> • 100% learnt new skills to help their body and brain development • 100% gained new skills and confidence to be active • 100% increased weekly physical activity • 77.5% increased social connection and made new friends • 100% enjoyed the program
Iraqi	Youth Swimming Program Deliver 8x Swimming Sessions for Iraqi Children	<ol style="list-style-type: none"> 1. increase participants confidence to swim 2. increase in understanding of the importance of physical activity 3. increase in social connection 4. increase understanding of water safety and prevent drowning 	Total Reach 128 25 ongoing participants Ages 6-14 Brimbank, Maribyrnong, Melton	<p>24 Children responded to the evaluation</p> <ul style="list-style-type: none"> • 99% learnt new information about the importance of the physical activities for health • 100 % learnt new skills about swimming feel confident swimming • 100 % had more social connection with youth and other people from their community • 100 % enjoyed the program and would recommend it to other youth.

community	project activity	objectives	reach/LGA	outcomes
Syrian	<p>Zenobia Community Health Program</p> <p>Deliver 8x health and wellbeing sessions for Syrian families, provide social connection and information on mental health, nutrition, and active living</p>	<ol style="list-style-type: none"> 1. increase participants knowledge and confidence to care for their wellbeing 2. increase participants social connection and reduce isolation 3. increase awareness of mental health and improve knowledge of available supports 4. develop linkages between parents, kids, and community. 	<p>Total Reach 291</p> <p>25 ongoing participants All ages (families) Hume</p>	<p>20 participants responded to the evaluation</p> <p>As a result of this project,</p> <ul style="list-style-type: none"> • 95% increased social connection • 95% improved their overall wellbeing • 80% reduced sense of isolation and became more involved and active in the community • 90% developed new skills and confidence to look after their wellbeing.
Syrian	<p>Family Wellbeing Program</p> <p>Support parents and children to health and connect with culture and community through sharing traditional songs and singing together.</p>	<ol style="list-style-type: none"> 1. increase participants knowledge and confidence to care for their wellbeing 2. increase participants social connection and reduce isolation 3. increase awareness of mental health and improve knowledge of available supports 4. develop linkages between parents, kids, and community. 	<p>Total Reach 391</p> <p>40 ongoing participants All ages (families) Hume</p>	<p>38 participants responded to the evaluation</p> <p>As a result of their involvement in this project;</p> <ul style="list-style-type: none"> • 95% increased social connection • 90% improved their overall wellbeing • 95% reduced sense of isolation and became more involved and active in the community • 95% developed new skills and confidence to look after their wellbeing.
Karen	<p>Karen Maternal health videos</p> <p>Produce and distribute a series of short educational videos on Maternal health in the Karen language.</p> <p>https://www.healthtranslations.vic.gov.au/resources/your-maternity-care-journey-video</p>	<ol style="list-style-type: none"> 1. provide information in simple, accessible language about healthcare services e.g., maternity care system in Victoria, Australia. 2. increase health literacy among the Karen community 	<p>Total Reach 35,000</p> <p>Online - Facebook & YouTube</p>	<p>12 mini videos produced on each subtopic.</p> <p>Facebook Videos/reels</p> <ul style="list-style-type: none"> • Views – 34897 • Likes – 2.1k • Shares – 64 • Comments – 2 <p>YouTube</p> <ul style="list-style-type: none"> • 106 views

community	project activity	objectives	reach/LGA	outcomes
Chin (Falam)	<p>Chin Health Education Videos Promote Diabetes health education via educational video in Falam Chin</p> <p>YouTube link: https://www.youtube.com/watch?v=tykJDdXmdAs</p>	<ol style="list-style-type: none"> 1. increase Chin community’s health literacy 2. increase capacity of community members to look after their health and wellbeing. 3. increased community’s understanding of available support services and how to access them 	<p>Total Reach 984 Online - Facebook & YouTube</p>	<p>Video: Diabetes Education YouTube: 264 Facebook: 720 views, 7 shares, Viber: 17 likes and 5</p>
Chin (Falam)	<p>Chin Community Leadership Podcast Create a platform for community leaders of different community groups to engage with community members in interesting conversations about leadership, culture, and religion and intersectionality.</p> <p>YouTube link: https://www.youtube.com/watch?v=2RRg7xazEeg</p>	<ol style="list-style-type: none"> 1. showcase community, leaders, and high-profile people in the community 2. provide information, education, and community connectedness. 	<p>Total Reach 580 Online - Facebook & YouTube</p>	<p>580 views on YouTube 4 comments;</p> <ul style="list-style-type: none"> • Very interesting discussion • Well done • Thank you for making this podcast • Very nice listening to this podcast
Chin	<p>Chin Community Soccer Tournament Host a health promotion Info Booth at the Soccer Tournament with representatives from Brimbank local and Western Health</p>	<ol style="list-style-type: none"> 1. increase social connection among young chin people 2. promote active living/ physical activity, sports to young people in the community 3. increase overall physical activity 	<p>Total Reach 300 All ages (families) Melton, Brimbank, Maroondah, Wyndham</p>	<p>19 participants responded to the evaluation</p> <ul style="list-style-type: none"> • 100% agreed that events like this help improve health and wellbeing for the Chin Communities • 100% agreed that sporting events like this help increase social connections and confidence of the chin communities. • 89% increased physical activity and social connection as a result of the event

community	project activity	objectives	reach/LGA	outcomes
Chin	<p>Chin Badminton Tournament</p> <p>An inclusive badminton tournament for the Chin Communities.</p>	<ol style="list-style-type: none"> 1. promote physical activities through Badminton 2. increase physical and social participation through Badminton 3. improve wellbeing of community through sport & social connections 4. share information about Badminton clubs, tournaments, and social groups, provide support if needed. 	<p>Total Reach 35</p> <p>Ages 18-45 Wyndham, Brimbank, Maroondah</p>	<p>14 participants responded to the evaluation</p> <ul style="list-style-type: none"> • 100% agreed – the being part of the badminton group Tournament has motivated them to become more active • 100% made new friends/connections at the tournament • 100% improved physical and emotional wellbeing by being part of the tournament
Chin	<p>Chin Music Project</p> <p>Deliver 2x music workshops for Chin musicians to learn from each other and some of our most well-known musicians in the community</p> <p>https://www.youtube.com/watch?v=DFXgTFQj9Dc</p>	<ol style="list-style-type: none"> 1. create new connections and musician friends 2. inspire Chin musicians to continue with their music journey/career/hobby. 	<p>Total Reach 31079</p> <p>79 people attended events 31,000 people viewed the video</p> <p>Ages 18+ Brimbank, Wyndham City, Melton, Maroondah</p>	<p>29 people responded to the evaluation</p> <ul style="list-style-type: none"> • 95% made new connections/musician friends • 100% felt encouraged to play music more often • 90% felt inspired to go further in their music journey/career/hobby.
Chin	<p>Chin Health Expo</p> <p>A Health expo showcasing available health services and community organisations for the Eastern Chin communities</p>	<ol style="list-style-type: none"> 1. increase community’s knowledge of health services and community organisations in the area 2. increase community understanding of mental health, family violence, sexual health 3. increase social connection for community members 	<p>Total Reach 70</p> <p>All ages (families) Maroondah</p>	<p>19 people responded to the survey</p> <ul style="list-style-type: none"> • 100% agreed that the Wellbeing Day Event was beneficial • 95% agreed that they have learnt more about the health services in the area because of this event

community	project activity	objectives	reach/LGA	outcomes
Chin	Chin Community - First Aid & CPR Provide First Aid & CPR Training youth leaders/members of the Chin Community	<ol style="list-style-type: none"> 1. increase knowledge of First Aid and CPR 2. increased skills and confidence in First Aid & CPR 	Total Reach 17 Ages 18-50 Wyndham, Maroondah,	17 participants responded to the evaluation <ul style="list-style-type: none"> • 90% increased knowledge and understanding of First Aid & CPR • 100% increased confidence to assist community members in cases of medical emergencies • 100% gained confidence to assist community members with first aid and CPR at future community events
Arabic	Arabic vaping information session Provide an information session and activities to raising awareness about Vaping in Arabic community	<ol style="list-style-type: none"> 1. improve and increase awareness about vaping. 2. increase in understanding of the importance of physical activity 3. increase in social connection. 	Total Reach 105 All ages (families) Brimbank, Maribyrnong, Melton	50 people responded to the survey. <ul style="list-style-type: none"> • 90% learnt new information about the harmful effects of Vaping? • 100% learnt about the importance of physical activity? • 100% made new social connections
Iraqi	Brimbank Citizenship Program Deliver 9x information sessions in Arabic preparing Iraqi community members for their citizenship test	<ol style="list-style-type: none"> 1. share information about citizenship test materials. 2. assist community members to understand the various obligations and requirements necessary to meet the test requirements. 3. empower community members with limited English proficiency to approach the citizenship test with greater confidence. 	Total Reach 330 40 ongoing participants Ages 18+ Brimbank	40 participants responded to the evaluation <ul style="list-style-type: none"> • 100% increased their understanding of the citizenship application and approval process, • 100% increased their understanding of the citizenship test and documentation requirement. • 100% felt the sessions had a positive impact on their wellbeing, as they felt more confident in completing the citizenship application
Iraqi	Iraqi Centrelink Deliver 2 x information sessions in Arabic about Centrelink access for Iraqi refugees	<ol style="list-style-type: none"> 1. provide information about different types of payments and entitlements 2. provide information about age pension payments? 3. provide information about Centrelink obligations and requirements to receive the right payments. 4. increase participants wellbeing by increasing their confidence to navigate Centrelink system 	Total reach 20 Ages 18+ Brimbank, Maribyrnong, Melton	10 participants responded to the evaluation 100% of participants agreed that they <ul style="list-style-type: none"> • learnt new information about different types of payments and their entitlements • learnt about the age pension payments. • learnt about their obligations and requirements to receive the right payments. • This program had positive impact on their wellbeing by increasing their confidence to navigate Centrelink systems?

community	project activity	objectives	reach/LGA	outcomes
Afghan	<p>Afghan Women’s Self-care workshop</p> <p>Deliver 1 x workshops for newly arrived women from Afghanistan about self-care specifically in relation to nutrition and skin care</p>	<ol style="list-style-type: none"> 1. increase participants skills to care for their skin 2. increase participants confidence to make healthy choices for their wellbeing 3. create a safe space for women to engage socially 	<p>Total Reach 20</p> <p>Ages 16-60 Brimbank, Maribyrnong</p>	<p>20 participants responded to the evaluation</p> <ul style="list-style-type: none"> • 80% Increased skills to care their skin • 90% Increased confidence to make healthy choices for their wellbeing • 100% enjoyed social connection with other women from their community
Somali	<p>Somali Women’s exercise Program</p> <p>Deliver weekly (10 total) exercise sessions to young women living in Government Housing</p>	<ol style="list-style-type: none"> 1. provide a safe space for Muslim women to experience a culturally appropriate health and fitness program. 2. increase participants understanding of the benefits of physical exercise 3. increase women’s confidence to live a healthier life both physically and mentally. 	<p>Total reach 65</p> <p>10 ongoing participants Ages 20-40 Yarra</p>	<p>10 participants responded to the evaluation</p> <ul style="list-style-type: none"> • 100% Agreed that they have noticed positive changes with their health, body, mind. • 100% stated that the exercise sessions increased their physical activity. • 100% reached their individual health goals.
Tibetan	<p>Conversational English Classes</p> <p>Deliver weekly (7 total) conversational English classes with Tibetan refugees</p>	<ol style="list-style-type: none"> 1. increase skills and confidence in conversational English 2. increase social connection 3. improve overall wellbeing 	<p>Total Reach 112</p> <p>18 ongoing participants Ages 18+ Maribyrnong</p>	<p>17 people responded to the survey</p> <ul style="list-style-type: none"> • 88% agreed that they become more confident and learnt new English skills because of the program • 88% agreed that their social connection and wellbeing increased because of class attendance
Mixed	<p>Clothing and food drive</p> <p>Eid Food and clothing drive for refugee communities sin the West</p>	<ol style="list-style-type: none"> 1. build relationships with refugee and asylum seeker communities in Wyndham 2. assist with referrals to relevant support services. 3. support food security for the community 4. increase social connection among community members 	<p>Total Reach 220</p> <p>All ages (family) Wyndham</p>	<p>cohealth contributions allowed us to serve 200 meals, free of cost!</p>

community	project activity	objectives	reach/LGA	outcomes
Ethiopian	<p>Migration Information</p> <p>Provide general information on Immigration, Bringing family from overseas, Visa status, and citizenship test preparation.</p>	<ol style="list-style-type: none"> 1. provide participants with information on immigration, including bringing family from overseas, visa status, citizenship test preparation, and cost-related aspects. 2. create a space for networking and information sharing 	<p>Total Reach 10</p> <p>Ages 18+</p> <p>Yarra, Melbourne</p>	<p>10 participants responded to the evaluation</p> <ul style="list-style-type: none"> • 80% increased their knowledge on immigration, including bringing family from overseas, visa status, citizenship test preparation, and cost-related aspects. • 80% agreed the session was helpful in clarifying their concerns and questions about immigration. • 100 % Agreed the session created a space for networking and information sharing
Tibetan	<p>Parenting in a new culture</p> <p>Deliver an information session to newly arrived Tibetan families on raising kids in Australia</p>	<ol style="list-style-type: none"> 1. provide the parents with information, guidance and support based on general principles of parenting to help them adapt to a new culture 2. provide parents with activities and tips to support their parenting journey and strengthen family relationships 	<p>Total Reach 25</p> <p>Ages 25-50</p> <p>Maribyrnong, Wyndham</p>	<p>11 participants responded to the evaluation</p> <p>100% of respondents agreed that they;</p> <ul style="list-style-type: none"> • gained parenting information, guidance, and support to help adapt to a new culture • learnt new skills to support their parenting journey and strengthen family relationships. • felt safety to share their experiences and connect with other families
Syrian	<p>Mother's Self-Care on Mother's Day</p> <p>Deliver a self-care session to Syrian women</p>	<ol style="list-style-type: none"> 1. educate participants about the important factors to a healthy skin and the importance of applying sunscreen 2. educate the participants about the helpful effects of yoga and its ability to improve health and wellbeing 3. create a space for socialisation and networking 	<p>Total Reach 10</p> <p>Ages 25-50</p> <p>Hume</p>	<p>10 participants responded to the evaluation</p> <ul style="list-style-type: none"> • 100% increased their knowledge around the important factors to a healthy and good skin and the importance of applying sunscreen • 100% felt more confidence in practicing Yoga to improve their health and wellbeing

community	project activity	objectives	reach/LGA	outcomes
Ethiopian	<p>Oromo women’s Wellbeing Workshop</p> <p>Deliver a session to Oromo women on self-care and mindfulness</p>	<ol style="list-style-type: none"> develop positive self-talk and replace self-criticism and negative thoughts with self-compassion and encouragement providing education and guidance on nutrition and the impact of different foods on the health enhance and develop self-awareness, reflection, and self-resilience through Mindfulness 	<p>Total Reach 17</p> <p>Ages 18-70 Hume</p>	<p>11 participants responded to the evaluation</p> <p>100% of respondents agreed that they;</p> <ul style="list-style-type: none"> learnt new information about how to support their physical and emotional wellbeing felt inspired to take better care of themselves
Tibetan	<p>Tibetan community Unity Cup</p> <p>National Soccer and basketball tournament</p> <p>Promo Video</p>	<ol style="list-style-type: none"> build Tibetan communities’ confidence to participate in sports. develop Tibetan communities’ skills in sport (i.e., leadership, team-building, social skills etc.) build Tibetan community connections promote wellbeing 	<p>Total Reach 100</p> <p>All ages (family) Wyndham, Maribyrnong, Brimbank (Some players travelled from interstate)</p>	<p>50 participants responded to the evaluation</p> <ul style="list-style-type: none"> 100% agreed that Unity Cup helped them build confidence to participate in sports 97% agreed that Unity Cup gave them opportunity to develop new skills in sport (i.e., leadership, teambuilding, social skills etc.) 97% built connections with other youths and community members because of Unity Cup 100% felt the event had a positive impact on their wellbeing
Afghan	<p>Mental Health Support</p> <p>Deliver an information session on accessing Mental Health resources and services. Community BBQ and a mindfulness walk around the lake</p>	<ol style="list-style-type: none"> increase knowledge of available Mental Health organisations and the services they provide in Victoria/local area increased skills in finding appropriate Mental Health services increased confidence and reduced stigma in contacting Mental Health services 	<p>Total Reach 33</p> <p>Ages 25-55 Hume, Whittlesea, Darebin, and Melbourne</p>	<p>19 participants responded to the evaluation</p> <ul style="list-style-type: none"> 100% increased their knowledge or understanding available Mental Health organisations and the services they provide in Victoria 100% increased their skills in finding the appropriate Mental Health services 100% increased their confidence and feel more comfortable in contacting Mental Health services
Chin (Zophei)	<p>Mental Health Support</p> <p>Deliver an information session on accessing Mental Health resources and services. Community BBQ and a mindfulness walk around the lake</p>	<ol style="list-style-type: none"> increased knowledge and understanding in oral health increased skills in choosing healthy food options 	<p>Total Reach 30</p> <p>All ages (family) Brimbank</p>	<p>30 people responded to the evaluation</p> <ul style="list-style-type: none"> 100% Increased knowledge or understanding in oral health 100% increased skills in choosing what to eat

community	project activity	objectives	reach/LGA	outcomes
Tibetan	<p>Tibetan Youth Mindfulness and Meditation</p> <p>Deliver 2 x Meditation and mindfulness sessions for Tibetan Youth</p>	<ol style="list-style-type: none"> 1. increased knowledge and understanding of Meditation 2. increased skills in meditation 3. increased confidence in Meditation 	<p>Total Reach 22</p> <p>Ages 18-25 Maribyrnong</p>	<p>20 participants responded to the evaluation</p> <ul style="list-style-type: none"> • 100% increased skills and understanding in meditation • 100% agreed to having increased confidence in meditation because of this training
Chin (Mizo)	<p>Mizo Traditional Dance Training</p> <p>Deliver 8x traditional dance classes to Mizo youth</p>	<ol style="list-style-type: none"> 1. increase Mizo young people’s understanding of their culture and traditional dance practices. 2. increase social connection and sense of belonging among Mizo youth 3. increase Mizo youth weekly physical activity 	<p>Total Reach: 77</p> <p>15 ongoing participants Ages 18-30 Maroondah</p>	<p>13 participants responded to the evaluation</p> <ul style="list-style-type: none"> • 100% increased their understanding of Mizo culture and traditional Dance. • 86% increased their social connection and belonging with other young people in the community • 77% increased their weekly physical activity.
Chin (Mizo)	<p>Parenting Video</p> <p>Create and deliver 1 x Parenting information video for Melbourne Mizo community</p>	<ol style="list-style-type: none"> 1. increase parenting skills 2. increase confidence to support their kids. 	<p>Total Reach 142</p> <p>Ages 18-80 Maroondah</p>	<ul style="list-style-type: none"> • 142 views • 39 reactions • 15 comments
Eritrean	<p>PRMC4 Mental Health Wellbeing program for Eritrean women</p> <p>A yoga and mindfulness program with 8x sessions that focussed on self-care strategies such as mindfulness, physical activity, yoga, sleep hygiene and nutrition</p>	<ol style="list-style-type: none"> 1. improve health and wellbeing of participants 2. build understanding of mental health and well-being 3. develop skills and confidence to care for mental health and well-being 4. create a safe and supported space for social connection 	<p>Total Reach 184</p> <p>15 ongoing participants Ages 18-50 Hobson’s Bay, Wyndham and Brimbank</p>	<p>15 participants responded to the evaluation</p> <p>100% strongly agreed that they</p> <ul style="list-style-type: none"> • gained more knowledge about mindfulness through a holistic Islamic framework of Islamic mindfulness (Muraqabah/Teddebur) • increased their knowledge on the different types of Yoga Practices, exercises, and activities. • improved their understanding of the importance of a healthy diet on mental health and wellbeing <p>93% strongly agreed they</p> <ul style="list-style-type: none"> • developed new skills and confidence to look after their wellbeing • improved their overall wellbeing

community	project activity	objectives	reach/LGA	outcomes
Ethiopian	PRMC4 Mental Health Food Security Provide culturally appropriate food for vulnerable families affected by COVID	Provide culturally appropriate food for vulnerable families affected by COVID	Total Reach 56 All ages (families) Wyndham, Maribyrnong, Moonee Valley, Yarra, Brimbank	Culturally appropriate food boxes were delivered to vulnerable families affected by COVID
Ethiopian	PRMC4 Mental Health Ethiopian Soccer Tournament A 2-day community soccer tournament for the Ethiopian community	<ol style="list-style-type: none"> celebrate community strengths increase the skills and confidence of participants to engage in physical activity increase social connection and sense of belonging 	Total reach 500 All ages (families) Wyndham, Maribyrnong, Moonee Valley, Yarra, Brimbank	<p>"You cannot put a price on the value of connecting to the community and to engaging in activities like this". - <i>Pastor Natnael</i></p> <p>"What an encouraging program and massive youth turn out, I will be happy to support any time when you have such program" <i>Jessica (Welcoming Australia)</i></p>
Chin	PRMC4 Mental Health Social and wellbeing project Deliver 7x activities co-designed to increase social connection, reduce isolation, and build the skills and confidence of Chin youth to care for their wellbeing.	<ol style="list-style-type: none"> increase Chin youth's understanding of mental health and available support services increase social connection among Chin youth develop Chin youth's skills and confidence to look after their wellbeing 	Total Reach 209 25 ongoing participants Ages 17-35 Melton, Brimbank, Wyndham, Maribyrnong	<p>19 participants responded to the evaluation</p> <ul style="list-style-type: none"> 90% increased their understanding of mental health and available support services 99% increased their social connection 81% developed skills and confidence to look after their wellbeing 88% improved their overall wellbeing
Syrian	PRMC4 Mental Health Intergenerational social connection program Deliver 9x activities co-designed to increase social connection, reduce isolation and build the skills and confidence of newly arrived Syrian families to care for their wellbeing.	<ol style="list-style-type: none"> increased participants social connection and reduced their sense of isolation increased participants skills and confidence to look after their wellbeing improve overall wellbeing of participants 	Total Reach 610 30 ongoing participants All ages (families) Hume	<p>26 people responded to the evaluation</p> <p>100% of participants stated that they</p> <ul style="list-style-type: none"> increased their social connection and reduced their sense of isolation increased their skills and confidence to look after their wellbeing improved their overall wellbeing

community	project activity	objectives	reach/LGA	outcomes
Ethiopian	<p>LDAT Ethiopian Youth Basketball and Soccer Program</p> <p>Deliver 8x training and capacity building sessions designed to increase social connection, physical and emotional wellbeing of Ethiopian Youth</p>	<ol style="list-style-type: none"> 1. increase social connection and wellbeing for project participants 2. develop new skills and confidence to be physically active 	<p>Total Reach 664</p> <p>25 ongoing participants Ages 8-30 Wyndham, Maribyrnong, Moonee Valley, Yarra, Brimbank</p>	<p>22 participants responded to the evaluation</p> <ul style="list-style-type: none"> • 82% increased their social connection • 86% developed new skills and confidence to be physically active • 90% stated that the program had a positive impact on their wellbeing
Eritrean	<p>YMS Eritrean Women’s Hairdressing Program</p> <p>Deliver 10 workshops to help the participants learn the practical skills of hair styling, the essential knowledge, and resources to start and manage a small business successfully.</p>	<ol style="list-style-type: none"> 1. increase knowledge of small business in Australia, business tax and available supports 2. teach basic hairstyling and treatment techniques 3. build networks among women from the Eritrean community 4. promote wellbeing 	<p>Total Reach 122</p> <p>15 ongoing participants Ages 20-50 Yarra, Wyndham, Brimbank, Collingwood, Fitzroy</p>	<p>15 participants responded to the evaluation</p> <ul style="list-style-type: none"> • 76% Increased their knowledge of small business in Australia, business tax and available supports • 100 % learnt about the basic hairstyling and treatment techniques • 100 % built networks among women from the Eritrean community • 100 % felt the program had a positive impact and that promote wellbeing
Eritrean	<p>YMS community Iftar</p> <p>Celebrate Ramadan with the Eritrean Community living In Fitzroy/Collinwood through an Iftar event</p>	<p>Build social connection and wellbeing</p>	<p>Total reach 85</p> <p>All ages (families) Yarra, Melbourne</p>	<p>No evaluation was conducted for this event</p>
Eritrean	<p>ICAM Asthma in kids and Teens</p> <p>Deliver an Asthma information session and share related referral pathways, services, and resources</p>	<ol style="list-style-type: none"> 1. increase knowledge and skills about asthma in children and teens 2. increase childhood asthma self-management 3. increase referral to support services 	<p>Total Reach 40</p> <p>All ages (adults) Brimbank, Hume, Maribyrnong, Wyndham</p>	<p>30 participants responded to the Evaluation</p> <p>100% said they increased their understanding about asthma and available supports</p> <p>“I feel great after the session, and I feel more confident in helping my son”</p> <p>“I am encouraged to update my son’s Asthma plan”</p> <p>“Great to hear the session in Tigrinya Eritrean language is so good and no one can miss any important information”</p>

community	project activity	objectives	reach/LGA	outcomes
Tibetan	<p>ICAM Asthma in kids and Teens</p> <p>Deliver an Asthma information session and share related referral pathways, services, and resources</p>	<ol style="list-style-type: none"> 1. increase knowledge and skills about asthma in children and teens 2. increase childhood asthma self-management 3. increase referral to support services 	<p>Total Reach 5</p> <p>All ages (adults) Maribyrnong</p>	<ul style="list-style-type: none"> • 100% said they increased their understanding about asthma and available supports
Iraqi	<p>ICAM Asthma in kids and Teens</p> <p>Deliver an Asthma information session and share related referral pathways, services, and resources</p>	<ol style="list-style-type: none"> 1. increase knowledge and skills about asthma in children and teens 2. increase childhood asthma self-management 3. increase referral to support services 	<p>Total Reach 16</p> <p>All ages (adults) Brimbank</p>	<ul style="list-style-type: none"> • 100% said they increased their understanding about asthma and available supports
Iraqi	<p>Iraqi Women’s social connection program</p> <p>2x Zumba sessions 1x employment session 1x Thunderstorm asthma season 1x social connection and wellbeing session</p>	<ol style="list-style-type: none"> 1. provide information on topics identified as important by them such as employment, asthma, and mental health and through 2. improve wellbeing of participants 3. deliver activities that promote social connection. 	<p>Total Reach 100</p> <p>25 ongoing participants Ages 26-50 Brimbank, Hume</p>	<p>25 women responded to the evaluation</p> <ul style="list-style-type: none"> • 88% learnt new information about topics important for their health and wellbeing • 100% increased their weekly physical activity • 100% increased their social connection with women from their community • 100% stated that the program had a positive impact on their wellbeing
Iraqi	<p>Iraqi Women’s wellbeing program</p> <p>2x mental health education sessions 1 x meditation activity 4x social/cultural wellbeing sessions 1x mental health video</p>	<ol style="list-style-type: none"> 1. improve mental health and self-confidence for the ladies from Iraqi background 2. increase in confidence and social connection 3. empower women by sharing information about how to look after their mental health 4. celebrate Iraqi culture and help the women to feel more connected 	<p>Total Reach 202</p> <p>20 Ongoing participants Ages 26-65 Brimbank</p>	<p>35 women responded to the evaluation</p> <ul style="list-style-type: none"> • 100% Gained new skills and confidence to look after their mental health and wellbeing • 100% Increased their social connection and made new friends

community	project activity	objectives	reach/LGA	outcomes
Iraqi	<p>Iraqi Women’s Active Living Program</p> <p>8 week Gym Training program for 24 Women from Iraqi background</p> <p>https://news.brimbank.vic.gov.au/iraqi-women-make-a-splash-at-the-brimbank-aquatic-and-wellness-centre-for-community-wellbeing/</p>	<ol style="list-style-type: none"> 1. improve mental health and self-confidence 2. increase in understanding of the importance of physical activity and increased confidence to be more active 3. increase in social connection and stay linked to other women 	<p>Total Reach 147</p> <p>24 ongoing participants Ages 26-50 Brimbank</p>	<p>18 women responded to the evaluation</p> <p>100% women stated that because of the program they;</p> <ul style="list-style-type: none"> • learnt new information about the importance of the physical activities for their health • made new social connection • increased their weekly physical activity. • felt the program had a positive impact on their overall wellbeing.
Mixed	<p>Mental health training for BCWs</p> <p>Deliver a capacity building workshop for members of the Victorian BCWs Network living in Brimbank to increase their skills and confidence to work with their communities delivering wellbeing related programs</p>	<ol style="list-style-type: none"> 1. increase understanding of mental health, including risk factors and causes 2. increase confidence to talk about mental health with community in a culturally safe way 3. increase understanding of self-care and available supports for community 	<p>Total Reach 16</p> <p>Ages 18+ Brimbank</p>	<p>9 people responded to the evaluation</p> <p>100% stated that they increased;</p> <ul style="list-style-type: none"> • understanding of mental health, including risk factors and causes • confidence to talk about mental health with community in a culturally safe way • understanding of self-care and available supports for me and my community
Mixed	<p>Foundation House</p> <p>‘Western Community Advisory Group’</p> <p>2x cohealth BCWs will provide feedback and advice to Foundation House on their communities’ barriers to mental health services and identify strategies to improve engagement and culturally safe service delivery</p>	<ol style="list-style-type: none"> 1. support foundation house to understand the needs of refugee communities in the west 2. strengthen community engagement 3. co-design services to increase accessibility and cultural safety 	<p>Total Reach 20</p>	<p>2 x cohealth bicultural workers engaged in this consultation to facilitate improved access to mental health services for CALD communities in the West.</p>

community	project activity	objectives	reach/LGA	outcomes
South Sudanese	<p>Mental Health First Aid</p> <p>Delivered 2x Mental health first aid training for South Sudanese community leaders</p>	<ol style="list-style-type: none"> 1. increase understanding of mental health 2. increase confidence to recognise, connect and respond to someone experiencing a mental health problem or mental health crisis. 3. qualify participants as mental health first aiders 	<p>Total Reach 20</p> <p>Ages 26-50 Brimbank</p>	<p>10 participants received a first aid certificate</p> <ul style="list-style-type: none"> • 100% of participants reported they felt more confident to talk about mental health with their community in a culturally safe way.
Ethiopian	<p>Men’s Soccer program</p> <p>Support men 26+ from the Ethiopian community to train and play soccer (3months)</p> <p>1x weekly training session</p> <p>1x weekly game</p>	<ol style="list-style-type: none"> 1. increase physical activity of participants 2. increase social connection of participants 3. increase wellbeing of participants 	<p>Total Reach 429</p> <p>20 ongoing participants Ages 25-40 Brimbank, Wyndham and Maribyrnong</p>	<p>18 people responded to the evaluation</p> <p>As a result of this program 100% of participants agreed that they increased their</p> <ul style="list-style-type: none"> • physical activity • social connection • overall wellbeing
Eritrean	<p>Self-Care & Wellbeing in Ramadan</p> <p>Provide information on self-care, healthy living during Ramadan, local Mental health services</p>	<ol style="list-style-type: none"> 1. increase knowledge on the importance of self-care for mental health and wellbeing 2. improve understanding of the important role of diet and nutrition on mental health and wellbeing 3. to create a safe space for collaboration and social connection 	<p>Total Reach 220</p> <p>All ages (families) Brimbank, Wyndham, Maribyrnong, Hume</p>	<p>58 people responded to the evaluation</p> <ul style="list-style-type: none"> • 100% received information about strategies to support self-care, wellbeing and available supports • 100% felt the event enabled positive community connection and wellbeing
Afghan	<p>Women’s Self-care</p> <p>Deliver 1 x workshops for newly arrived women from Afghanistan about self-care specifically in relation to nutrition and skin care</p>	<ol style="list-style-type: none"> 1. increase participants skills to care their skin 2. increase participants confidence to make healthy choices for their wellbeing 3. create a safe space for women to engage socially 	<p>Total reach 20</p> <p>Ages 20-50 Brimbank</p>	<p>20 participants engaged in evaluation</p> <ul style="list-style-type: none"> • 80% Increased skills to care their skin • 90% Increase confidence to make healthy choices for their wellbeing • 100% enjoyed social connection with other women from their community

community	project activity	objectives	reach/LGA	outcomes
Ethiopian	Walk for Wellbeing	<ol style="list-style-type: none"> 1. increase physical activity of participants 2. increase social connection of participants 3. increase participants understanding of the importance of physical activity on mental wellbeing 	<p>Total reach 40</p> <p>All ages (families) Brimbank, Wyndham</p>	No evaluation was conducted for this event
Iraqi	<p>Women’s Wellbeing Event (refugee week)</p> <p>Celebrate refugee women’s strength and resilience at a cultural event for newly arrived Iraqi families in Brimbank</p>	<ol style="list-style-type: none"> 1. build connection among newly arrived women and mainstream services 2. celebrate culture and community strengths 3. create opportunity for social connection and wellbeing 	<p>Total reach 40</p> <p>Ages 20-70 Brimbank</p>	<p>40 people responded to the survey</p> <p>100% of the participants said that they</p> <ul style="list-style-type: none"> • built connection with women and local services • enjoyed celebrating their culture with other community members • improved their overall well being
Mixed	<p>2023 Refugee Week Event</p> <p>Celebrate with members of the Victorian BCWs Network and the cohealth community</p> <p>An evening of spoken work, motivational speakers, and performances</p>	<ol style="list-style-type: none"> 1. celebrate the strength and resilience of refugee communities 2. create social connection 3. increase wellbeing of participants 	<p>Total reach 45</p> <p>All ages Brimbank, Maribyrnong, Moonee Valley, Melton, Yarra</p>	<p>No evaluation was conducted for this event</p> <p>However, many participants expressed their gratitude for the event.</p>
Tibetan	<p>Hydrotherapy</p> <p>Deliver weekly (28 total) peer-led Hydrotherapy sessions with 10-15 elderly people from the Tibetan community</p>	<ol style="list-style-type: none"> 1. increase participants understanding about the importance of physical activity 2. teach hydro skills and strategies to support physical health 3. increased participants confidence to be more active 4. increased social connection with among Tibetan elders 	<p>Total Reach 360</p> <p>15 ongoing participants Ages 50+ Maribyrnong</p>	<p>10 participants responded to the evaluation</p> <p>100% stated that because of participating in the program they</p> <ul style="list-style-type: none"> • improved their overall wellbeing. • increased their understanding about the importance of physical activity • learnt new skills and strategies to support their physical health • increased their confidence to be more active • increased social connection with their community

community	project activity	objectives	reach/LGA	outcomes
Tibetan	<p>Yoga and mindfulness</p> <p>Deliver 10 weeks of Yoga and mindfulness practice in collaboration with foundation house and then continue with 10 weeks of peer led sessions</p>	<ol style="list-style-type: none"> 1. increase participants understanding about the importance of physical activity 2. teach yoga and mindfulness to support physical and mental health 3. increase participants confidence to be more active and mindful 4. increased social connection with among Tibetan elders 	<p>Total Reach 194</p> <p>15 ongoing participants Ages 40-75 Maribyrnong, Melbourne</p>	<p>12 people responded to the evaluation</p> <ul style="list-style-type: none"> • 100% felt that their overall feeling of wellness improved • 100% their sleeping improved • 100% their chronic pain reduced • 100% breathing exercises in mindfulness helped them to stay calm and relaxed
Eritrean	<p>Diabetes Education</p> <p>Deliver weekly (20 total) health education sessions to elderly Eritrean women living in Flemington Government housing</p>	<ol style="list-style-type: none"> 1. provide information about the benefits of healthy eating and exercise? 2. increase participants skills and confidence to look after their physical health 3. increase social connection 	<p>Total reach 153</p> <p>15 ongoing participants Ages 50+ Melbourne, Moonee Valley</p>	<p>15 People responded to the evaluation</p> <ul style="list-style-type: none"> • 100% increased their knowledge about the benefits of healthy eating and exercise • 100% learnt new skills to look after their physical health • 87% increased their confidence to make healthy decisions
Eritrean	<p>AMSSA Social Connection and Health support</p> <p>Weekly social engagement with Muslim men in Flemington, health system navigation and referral support</p>	<ol style="list-style-type: none"> 1. provide information about available support and services 2. provide support to access services 3. increase community connection 	<p>Total reach 1221</p> <p>Ages 18+ Melbourne, Moonee Valley</p>	<p>38 People responded to the evaluation</p> <ul style="list-style-type: none"> • 100% learnt about available support and services • 97% received support to access the services they need • 97% felt more connected to people from their community because of the program
Mixed	<p>Oral Health</p> <p>Deliver 1x information session to Muslim women about oral health for themselves and their children</p>	<ol style="list-style-type: none"> 1. increased knowledge or understanding of general oral health. 2. increased Skills and maintain healthy teeth. 3. increased confidence to care for oral health 	<p>Total Reach 28</p> <p>Ages 25-40 Wyndham</p>	<p>14 people responded to the evaluation</p> <ul style="list-style-type: none"> • 100% learnt how to care and maintain healthy teeth • 100% increased their confidence to care for their oral health • 100% learnt how to access dental services in their area

community	project activity	objectives	reach/LGA	outcomes
Mixed	<p>Mental Health Play Group</p> <p>Deliver 1x information session to Muslim women about mental health and wellbeing supports</p>	<ol style="list-style-type: none"> 1. increase knowledge or understanding of mental health and wellbeing 2. increase Skills to manage and cope with the stresses of life. and seek help when needed 	<p>Total Reach 12</p> <p>Ages 25-40 Wyndham</p>	<p>11 people responded to the evaluation</p> <ul style="list-style-type: none"> • 91% increased their knowledge of mental health and wellbeing • 91% learnt about symptoms of poor mental health • 91% learnt new strategies to improve their mental health and wellbeing
Mixed	<p>Cervical Health</p> <p>Deliver 1x information session to Muslim women about cervical health</p>	<ol style="list-style-type: none"> 1. increase on cervical health 2. increase skills for a healthy life by getting essential check-ups 3. increase confidence to seek help when needed. 	<p>Total reach 15</p> <p>Ages 25-60 Wyndham</p>	<p>10 people responded to the evaluation survey</p> <ul style="list-style-type: none"> • 90% Increased knowledge or understanding of general health, including cervical health • 100% Increased confidence to take care of their health and wellbeing
Mixed	<p>Cervical Health</p> <p>Deliver 1x information session to Muslim women about cervical health</p>	<ol style="list-style-type: none"> 1. increase on cervical health 2. increase skills for a healthy life by getting essential check-ups 3. increase confidence to seek help when needed. 	<p>Total Reach 11</p> <p>Ages 20-60 Wyndham</p>	<p>15 people responded to the evaluation</p> <ul style="list-style-type: none"> • 93% increased their knowledge of cervical health and symptoms • 93% learnt new strategies to care for themselves and cervical health
Mixed	<p>Healthy living</p> <p>Deliver 1x information session to Muslim women about healthy living</p>	<ol style="list-style-type: none"> 1. increase understanding about healthy food choice. 2. increase Skills to maintain healthy lifestyle. 3. increase women’s confidence to live a healthy life 	<p>Total Reach 18</p> <p>Ages 20-50 Wyndham</p>	<p>9 people responded to the evaluation</p> <ul style="list-style-type: none"> • 100% learnt new information about healthy living
Mixed	<p>Childhood Asthma</p> <p>Deliver 1x information session to Muslim women about childhood asthma</p>	<ol style="list-style-type: none"> 1. increase knowledge or understanding about childhood asthma. 2. increase Skills on how to access support. 3. increase confidence to care for someone with asthma. 	<p>Total Reach 17</p> <p>Ages 20-50 Wyndham</p>	<p>14 people responded to the evaluation</p> <ul style="list-style-type: none"> • 100% learnt new information about asthma • 100% improved their ability to manage their child’s health. • 93% confident sharing the information from the session with their family and/or friends. • 93% reported that they felt that they could find more information on the topic if they needed.

community	project activity	objectives	reach/LGA	outcomes
Mixed	<p>Self-care</p> <p>Deliver 1x information session to Muslim women about self-care</p>	<ol style="list-style-type: none"> 1. increase understanding of self-care and why it is important 2. increase skills how to live a healthy life. 3. increase confidence in taking care of our mental and physical health 	<p>Total Reach 24</p> <p>Ages 20-50 Wyndham</p>	<p>22 people responded to the evaluation</p> <ul style="list-style-type: none"> • 91% Increased their knowledge about selfcare • 91% increased their and skills and confidence to care for their health and wellbeing

thankyou