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Community support  
and healing resources

# Antiochian Welfare Association Newsletter

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Welcome to the latest edition of our Newsletter.

## CALLING ALL 5-24 YR OLDS!

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This year has been very different than most years. COVID-19 has undoubtedly had an impact on everyone - young and old. Tell us what 2021 has meant to you, using your creative flair!

**WHO CAN  
ENTER?  
5-24 YR OLDS**

**ENTRIES  
DUE  
25 OCT 21**

Enter as  
many times  
as you like!

#### Ideas for your submission:

- prayer or poem
- reflection (7 - 300 words)
- drawing/ illustration (A4)
- voice recording (max. 2mins)
- short video (max. 2mins)



### LOTS OF AWARDS & PRIZES!

There will be **winners from each age group** who will receive a prize and feature in a special edition of the AWA Newsletter!

The announcement of winners will be on the 12th of November. This is the feast day of St. John the Merciful - AWA's Patron Saint.

**REGISTER NOW**

For more information, email [welfare@antiochian.org.au](mailto:welfare@antiochian.org.au)  
This project is an initiative of the Antiochian Welfare Association (AWA), funded by Multicultural NSW.

Register [here](#).

For more information, email: [welfare@antiochian.org.au](mailto:welfare@antiochian.org.au)

## DIGITAL WORKSHOP FOR 50 YRS+



The Antiochian Welfare Association (AWA) is pleased to be delivering digital training to increase the confidence, skills and online safety of older Australians (aged over 50) when they use the internet and everyday technology. The training is in line with the “Building Digital Skills Grant” secured by AWA.

Many older Australians are missing out on all the benefits that the internet brings – whether it's keeping in touch with family, shopping online or accessing Government services. The Grant is part of the Be Connected program which is an initiative to empower all Australians to thrive in a digital world.

### How will the training be delivered?

AWA will deliver the training by way of an AWA tutorial video (English and Arabic) and by an online two-hour training session in November 2021.

**Register your interest by Friday the 29th of October 2021.**

### How do I register?

To receive the tutorial video and/or to participate in the online session, please email [welfare@antiochian.org.au](mailto:welfare@antiochian.org.au) with your full name and phone number.

We encourage all to assist their family and friends in expressing interest.

## NUTRITION & MENTAL HEALTH

Eating well can improve not only your health, but also your mood and sense of wellbeing. Research suggests that a Mediterranean-style diet can prevent depression or improve its symptoms. The healthy food combinations in the Mediterranean diet have anti-oxidant and anti-inflammatory properties. This can contribute to the prevention and treatment of a range of chronic diseases, including depression.

A Mediterranean diet is based on healthy whole foods, including:

- Vegetables and fruit
- Wholegrain breads and cereals
- Legumes and beans
- Nuts and seeds
- Yoghurt and cheese
- Lean protein e.g. fish, chicken or eggs
- Extra-virgin olive oil
- Herbs and spices

The Mediterranean diet limits the intake of red and processed meats and discretionary foods, such as sweets.



Following a Mediterranean diet is not just about what foods are eaten but also about how they are eaten. Try your best to:

- cook at home more often
- share meals with family at the dinner table
- eat slowly and enjoy the flavours of the food
- eat without distractions e.g. away from TV and work/ study desk

# DIABETES DURING PREGNANCY

All are welcome to attend an Arabic online webinar hosted by Diabetes NSW & ACT about healthy eating and diabetes during pregnancy. Register with the QR code in the flyer below.



## Diabetes education session

### Are you thinking about having a baby?

- How can you eat healthier foods and be more active?
- Find out if you are at risk of developing diabetes during pregnancy.

**Please join us for a FREE education session where you will find more information about diabetes during pregnancy, healthy eating and exercise.**

 **Tuesday 26th  
October 2021**

 **10am - 11.30am**

 **via Zoom**

 **FREE**

This program is funded by the Central and Eastern Sydney Primary Health Network and delivered by Diabetes NSW & ACT and Sydney Local Health District

 **Health**  
Sydney  
Local Health District

How to get started: Register online.  
Scan the QR code, visit [diabetesnsw.com.au](http://diabetesnsw.com.au) or call 1300 342 238.

You will receive an email with the links and further information.



## HELP WITH BILLS



[Energy & Water Ombudsman NSW](#) (EWON) can provide a free, fair, and independent dispute resolution service for all electricity and gas customers in NSW, and some water customers. You can call EWON on 1800 246 545 9am to 5pm Monday to Friday.

EWON translated [Arabic information](#).

### Help paying bills

There is a range of support available to you if you're having problems paying your energy and water bills. Always speak to your provider first if you're struggling. They all offer [customer assistance programs](#) and must offer you help if you're struggling to pay. There is [extra support available if you're impacted by a COVID-19 lockdown](#).

This [factsheet](#) will help you to find out how to resolve the problems if you are having difficulty paying your water and energy bills.

You may be eligible for government [rebates and concessions](#), Energy Accounts Payment Assistance ([EAPA](#)) vouchers, water Payment Assistance Scheme ([PAS](#)) vouchers, and the No Interest Loan Scheme ([NILS](#)).

If your provider is not able to help, or you're not happy with their response, you can contact EWON for independent advice and to [lodge a complaint](#). The services are free, fair, and independent.

## eSAFETY SUPPORT & INFO



The [eSafety Commissioner](#) provides a wide range of online safety support, advice, programs and resources.

### How eSafety can help

Investigation of online abuse complaints and/or support for people experiencing:

- [cyberbullying](#) directed at Australians under 18 years
- [adult cyber abuse](#)
- [image-based abuse](#), where intimate images have been shared without consent
- [illegal and harmful online content](#) including child sexual abuse material, pro-terrorist content and content that promotes, incites or instructs in crime or violence.

### eSafety Information

Access information on eSafety for:

Target Group	Description
<a href="#">Parents</a>	Videos, factsheets and handy tips to keeping your children and family safe on the internet. You can also subscribe to the <a href="#">parents newsletter</a> to gain regular information and safety tips.
<a href="#">Children &amp; Young People</a>	Useful information to help you stay safe online. Know your rights and how to keep yourselves and your families safe.
<a href="#">Women</a>	Safety tips about being online including social media, safety online for your work etc.

You can also access [translated factsheets in Arabic](#).

## E SAFETY PARENTS' WEBINARS

### Supporting young people's mental health when they are online

Spending time online can help young people learn, connect socially and relax. However, using digital technologies may also present challenges to young people's mental health. The eSafety Commission's [new webinar for parents and carers](#) of children aged 10-18 provides strategies for supporting young people's mental health as they navigate the online world.



[Register](#) for the webinar running in Term 4 to learn about:

- dealing with harmful online content e.g. suicide, self-harm & eating disorders
- using games, apps & social media to support mental wellbeing
- the pros & cons of online mental health platforms
- helping young people support their friends online.

Visit [esafety.gov.au](https://esafety.gov.au) to learn more. While you're there, check out the [eSafety's parent guide to online gaming](#) webinar.

### Scams and Fraud Awareness Online Workshop

**SCAM AND FRAUD AWARENESS**

Thursdays  
30 September & 7 October  
11am-noon

Online sessions

Join the Canterbury Bankstown community and the Australian Competition & Consumer Commission (ACCC) to learn how to protect yourself from current and future scams!

#### Online workshop details:

- Date: Thursday, 7<sup>th</sup> October 2021
- Time: 11 AM – 12 PM

Register for the webinar [here](#).

