

**In this month's
edition:**

- **Our mission**
- **Community Testing**
- **Staff Training Day**
- **Community Activities**
- **Social Media**
- **Thank you**

Our Mission

My Health Our Health (MHOH) is a program, which is funded by the Department of Health. MHOH adopts a holistic approach to deliver health and blood-borne virus prevention and education services to ethnic communities in culturally and linguistically appropriate ways.

The focus is on preventing blood borne viruses and STI's, however, we will also provide information about testing and treatment.

We aim to address the stigma of blood borne viruses and STI's in CALD communities through improved knowledge and access to services.

MHOH is run by young CALD community leaders. We hope to empower youth to help them achieve their true potential in life.

Community Testing

Over the last few months, the My Health Our Health team conducted Hepatitis testing among various communities. The turn-out of community members far exceeded our expectations. Many families volunteered to be tested, often with lines out the door of the MSC Mirrabooka office. We were over-joyed with the turn out of community and would like to thank the nurses and volunteers for making the testing possible. Moreover, we would like to thank all of the communities for volunteering their time to be tested and allowing us to continue creating awareness about blood borne viruses.



A family from the Burmese Community in Mirrabooka, patiently waiting to see the Nurse for their health tests.



Children from the Burmese Community waiting for their health checks.

Staff Training Day and Information Session



Last week, the Multicultural Services Centre and the My Health Our Health team spent a full day learning about HIV/Aids in an information session. The facts about HIV/Aids were ex-

plained, allowing staff to gain and share knowledge about the virus. To summarise, in regards to HIV, a person may not notice any symptoms or may experience a brief period of influenza-like illness after initial infection of HIV. Typically, this is followed by a prolonged period with no symptoms. As the infection progresses, it interferes more with the immune system,

increasing the risk of common infections like tuberculosis, as well as other infections, and tumors that rarely affect people who have working immune systems. These late symptoms of infection are referred to as AIDS. For more information on HIV/Aids, please visit:

<http://waaids.com/hiv.html>



Social Media

As a way to inform cald youth of the many MHOH events and activities happening, we have a facebook and Instagram page under the name of Our Space.



For more information see:

www.ourspaceperth/facebook.com.au

The Instagram will exhibit a range of multicultural photos, which will appeal to youth. For example, each week a new

theme will be displayed such as food, celebrations, traditional dress plus many more. The underlying motive of the Instagram is to also provide youth with access to information about health services, nutrition and other health related information.

Interested in culturally appropriate information sessions for your community or group? Contact the MHOH Team on 9328 2699

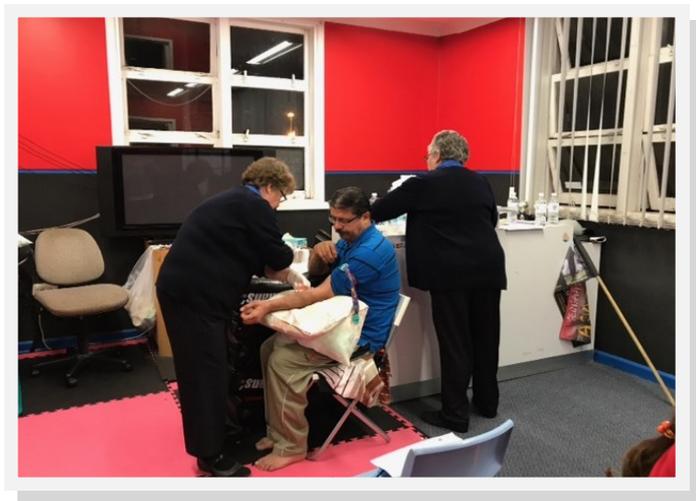
Community Activities

During the months of April and May, MHOH staff members and volunteers ventured to remote areas of Western Australia to conduct various community engagement activities.

Visits to Katanning and Albany were part of the

MHOH agenda to create awareness around hepatitis and over-all health.

There were 130 people from the surrounding Albany and Kattaning communities, who volunteered for health tests.



The nurses at the Great Southern Migrant Resource Centre in Albany conducting a voluntary health test.

Thank you

We would like to say a big thank you to Angela, Dhyana Brammsen and everyone else at the Great Southern Migrant Resource Centre in Albany and Katanning. Additionally, we would like to thank the Rainbow Coast Neighbourhood Centre. With out their support and resources, the health tests of the Hazara community would not have been possible.

A special thanks to the following for generously volunteering time and effort to successfully deliver MHOH program to your community in:

Mt Barker:

Sukaina
Hussain
Leith

Albany:

Julia
Dhyanna
Barnabe
Christina Paw

Katanning

Tahira
Rida
Mohammed Fayazi
Malusha



Great Southern Migrant Services – Settling new Migrants in Our Community



Boys from the Albany Hazara community waiting to get their health tests.