



# CASE STUDY: Emotional health and wellbeing

**SSI promotes emotional health and wellbeing of new arrivals as it is vital for a successful settlement.**

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The physical and emotional health and wellbeing of new arrivals is vital for a successful settlement journey and is a key consideration in the programs and support that SSI provides.

For example, the New Beginnings: Refugee Arts & Culture Festival addresses the barriers of social and cultural isolation by creating a space for migrant and refugee communities to share their heritage through music, dance, visual arts and food. The creative process and credibility associated with New Beginnings helps create a feeling of well-being and connectedness as shown in this article about New Beginnings performer Sako Dermenjian from Syria.

## AT A GLANCE



**Target Participants**  
Migrants and Refugees



**Aim**  
To provide participants to engage in various activities promoting emotional health and wellbeing.



**Organisations Involved**  
Settlement Services International (SSI)



**Location**  
Sydney, New South Wales



**Funding**  
SSI

Jubran Eesee arrived in Australia in 2015 seeking as a refugee. Working with his SSI Ability Linker, he has made many small steps to achieve significant health and wellbeing goals that have filled his new life in Australia with hope. SSI has ensured that many of its staff working in the Ability Links NSW program are bilingual and bicultural in order to fully support migrants and people of refugee background living in the regions they work in. Mr Eesee shared his story in *Connecting our Community*, a publication created by SSI to showcase stories of Ability Links participants and how the program has helped to increase their wellbeing.

Community Kitchen is SSI's free fortnightly multicultural lunch and social day. It offers a space for guests to share a meal and experience the broader multicultural Australian community. Participants enjoy meeting new people – many who are volunteers – practising their English, and participating in music and sporting activities-all things that help break down social isolation and communication barriers. In addition to interacting with the broader Australian community, guests can access specialist service providers, information and skills development. Seven staff from Deutsche Bank volunteered at SSI's most recent Armenian-themed Community Kitchen and were so excited by the experience they have vowed to return with more of their colleague.

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**For More Information Visit:**

<https://www.ssi.org.au/>

