



CASE STUDY: A focus on health and wellbeing

SydWest MC focuses on wealth and wellbeing of migrants and refugees.

AT A GLANCE



Target Participants
Migrants and refugees



Aim
To educate about the importance of health and exercise, and to inform what health care services are available and how to access them.



Organisations Involved
SydWest Multicultural Services, with collaboration of partner organisations



Location
Sydney, NSW



Funding
Events were funded through multiple sources

SydWest Multicultural Services has undertaken several events that have a significant focus on health and wellbeing of migrants and refugees.

These include:

- **Blacktown International Men's Day**

SydWest and partners (Blacktown Family Relationship Centre, Blacktown City Council, Marist 180, Blacktown Police, Department of Human Service -Blacktown, MTC, SSI, Family Referral, TAFE, Ability link and Reach for Training) held a special event at PCYC Blacktown as part of International Men's Day, celebrating men and boys health and wellbeing, gender relations and men as role models. The day started with everyone having a health check (blood pressure, diabetes test, etc), before guest speakers talked about the importance of health, exercise and regular check-ups. Everyone enjoyed the music and sporting activities on offer (soccer, basketball, table tennis), then shared a BBQ lunch.

- **Hello Doctor Refugee Health Event Mt DrUITT**

The event gave refugee families the chance to meet local health providers, and to find out what services are available and how to access them. Interpreters were also present on the day to ensure that information provided was accessible for everyone.

- **Girls Fitness Bootcamp, Mt DrUITT – Nutrition Day**

SydWest's Mt DrUITT Youth Team has been coordinating Fitness Bootcamps for girls, in partnership with Venus Gym over the period of few months. As part of the program, they had a special session on nutrition, where mothers of these girls were invited as well. Carmen Alvarado, a Nutritionist from Nutritious 'n' Delicious presented to the girls and moms about healthy eating and showed the girls how to make delicious healthy snacks, salads and a shake. Carmen highlighted that girls need to make sure they eat healthily to complement their busy lifestyle.

Sydney Multicultural Community Services (or Sydney MCS) is a registered charity, community based and not for profit organisation. Sydney MCS provides a range of community services in response to identified needs of people from Culturally and Linguistically Diverse (CALD) backgrounds. Sydney MCS focuses on providing specialised support services for the direct relief of suffering and enhancing the quality of life of people from CALD communities, including the aged, newly arrived migrants and refugees and those in crisis, suffering from language barriers, isolation, frailty, disability, sickness, dislocation, poverty, disadvantage, destitution, misfortune and helplessness.

For More Information Visit:

www.sydwestms.org.au

