

MARCH 2018

THE ITALIAN COMMUNITY VOLUNTEER AWARDS EDITION

Italian Community Volunteer Awards 2018

The 14th annual Co.As.It. (SA) ('COASIT') Italian Community Volunteer Awards are fast approaching and will be held on Thursday 3rd May 2018 at the Carrington Function Centre, an iconic venue for the Italian community in South Australia. The event is set to be another successful celebration of volunteering efforts in our community!

If you know someone who gives freely of their time for the benefit of the South Australian Italian community please nominate them for 2018! The volunteer doesn't need to be from an Italian background to be nominated, as long as the work they do benefits Italian people in the community. Some examples include driving people to appointments, preparing meals and friendly visits.

The awards will be judged by a committee of COASIT representatives and an independent representative. Judges will consider each volunteer's generosity of time, resources, energy and how their work has benefitted the community.

The awards are split in to two categories. A 'Youth Volunteer Award' recognises volunteers under 40 years of age, whose volunteer contributions and achievements have made a significant difference to the Italian community in South Australia. The 'Volunteer Award' recognises all other volunteers over 40 years of age whose volunteer contributions and achievements have also made a significant difference to the Italian community in South Australia.

The winners will be presented with a certificate and a prize during the COASIT Italian Community Volunteer Awards. To nominate please complete the attached nomination form (with the volunteer's consent) and send it to COASIT, as per our contact details listed on this newsletter.

The closing date for nominations is 5pm Thursday 12th April 2018. Late nominations will not be accepted and we wish everyone the best of luck!

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Give happy. Live happy.



# Italians in the Upper Spencer Gulf Region

It has been a few months since the last edition of the Co.As.It. (SA) ('COASIT') newsletter, but during this time many exciting initiatives have been in motion! One such initiative was the engagement of the Italo-Australian community in the upper Spencer Gulf region. This region was highlighted as having a high proportion of people that identify as Italian or Italo-Australian and are over 65 years of age (as per the 2016 Australian Bureau of Statistics Census data recently distributed by COASIT). Therefore, COASIT sought to connect with this region to better understand the Italo-Australian community, how it is supported and what role COASIT could play to provide further assistance.

During our visit we had the privilege of meeting with key community leaders and local government representatives in Port Pirie, Port Augusta and Whyalla. Importantly, we acknowledge and extend our thanks to the hospitality provided to us by Our Lady of Martyrs Port Pirie Italian Community Inc. (Port Pirie), the Italian-Australian Society of Port Augusta Inc. (Port Augusta) and Club Italice Inc. (Whyalla). Each of these groups and associations greeted us with a warmth and enthusiasm that we have come to expect from the Italian community no matter how far and wide we may find ourselves.

Each of these communities varied in terms of their structure and the type of support offered to Italo-Australian members of the community. However, each community continues to demon-

strate an unwavering desire to continue serving and building on the support currently offered to their ageing Italian members. This passion to serve the community and desire to address the gaps in services offered to regional areas has motivated us to work more closely with each of these communities. The insight we gained from our discussions highlighted areas that we will work on collaboratively with leadership from the local Italian associations and groups of the region. Some areas of focus include increased social support initiatives and activities to bring isolated members of the community together, a greater focus on the availability of transport services, the need to improve access to aged care information and services, opportunities to improve declining social group infrastructure and greater inclusion in our COASIT network.

We believe focus in the mentioned areas and the fostering of a community network in this area will lead to positive long terms success and further exciting activity in the region! We hope to keep you updated on how this work progresses and the already fantastic effort of the Italian community in this region with events and activities as they come up.

For any details on the associations or groups in this area please contact the COASIT office.



## ATTENTION! ATTENZIONE!

Our newsletter will no longer be posted in hard copy!

We hope that you understand this decision will not mean the community becomes less informed. In fact, we anticipate that this will allow us to spend more time on delivering outcomes and allow us to work towards a greater on-line presence!

If you have any queries regarding this change please do not hesitate to email us at [admin@coasitsa.org.au](mailto:admin@coasitsa.org.au) or call the COASIT office on 8223 3311 so that we may assist you.

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## COASIT IS ON AIR!



Join us every first  
Tuesday of the month  
on RADIO ITALIANA 531  
AM from 2.30-3.00pm

# Italians in the Upper Spencer Gulf Region



## MY AGED CARE

COASIT is committed to informing the Italian community on how to access aged care services.

The My Aged Care website has been established by the Australian Government to help individuals navigate the aged care system. 'My Aged Care' is part of the Australian Government's changes to the aged care system which have been designed to give people more choice, more control and easier access to a full range of aged care services.

My Aged Care is made up of a website and a contact centre. Together they provide information on aged care for yourself, a family member, friend or

someone you're caring for. You can call the My Aged Care contact centre on 1800 200 422 between 8am and 8pm on weekdays and between 10am and 2pm on Saturdays. The My Aged Care contact centre is closed on Sundays and national public holidays. The My Aged Care website is:

[www.myagedcare.gov.au](http://www.myagedcare.gov.au).

For further questions on My Aged Care or Italian specific services please feel free to contact COASIT on 8223 3311.



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Australian Government | myagedcare

**Find the help you need with myagedcare**

If you're finding it harder to do the things you used to, you might need a bit of support at home. The Australian Government's myagedcare phone line and website can help you to:

<p><b>Access services to support you with:</b></p> <ul style="list-style-type: none"> <li>• Transport (e.g. appointments and activities)</li> <li>• Household jobs (e.g. vacuuming and preparing meals)</li> <li>• Modifications to your home (e.g. hand rails, ramps)</li> <li>• Nursing and personal care (e.g. help getting dressed, help shaving)</li> </ul>	<p><b>Find information in one spot on:</b></p> <ul style="list-style-type: none"> <li>• Different types of services (in home support, short-term care, aged care homes)</li> <li>• Your eligibility</li> <li>• Your contribution to the cost</li> <li>• Organisations that provide aged care</li> </ul>
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Connect with myagedcare on [www.myagedcare.gov.au](http://www.myagedcare.gov.au) or call 1800 200 422

\*1800 calls are free from land lines; calls from mobile phones might be charged.

Authorised by the Australian Government, Capital Hill, Canberra

# A Pilot Project: Building Wellbeing and Resilience across the Ageing Italian Community

Co.As.It. (SA) ('COASIT') is committed to addressing the needs of ageing Italo-Australian individuals in areas of psychological, emotional and physical wellbeing. The validation of programs that empower individuals in these areas then allows the entire community, service providers and members of the COASIT body to utilise these programs. Recently COASIT commenced a collaborative project with the Wellbeing and Resilience Centre ('the Centre') within the South Australian Health and Medical Research Institute ('SAHMRI') to promote Professor Martin Seligman's recommendations that emerged as a result of his 2012-14 residency through Adelaide Thinkers in Residence.

Professor Seligman, founder of positive psychology and former Head of the American Psychological Association, proposed that South Australia become the first political unit in the world to systematically measure and build wellbeing in different cohorts of the society (including school children, older adults, employees and individuals) to reduce the number of people experiencing catastrophic mental illness and to improve the resilience of the population in a rapidly changing world.

One of the most highly validated programs that covers the relevant areas is the PERMA+. It can be communicated to large numbers of people easily and carries with it the easy-to-understand capacity to build individual wellbeing. Previous project outcomes in groups of South Australians have produced significant increases in both wellbeing and resilience.

To date the PERMA+ had not been fully delivered in another language other than English, nor had it been delivered to a culturally and linguistically diverse (CALD) group in their preferred language. This emphasises the importance of a pilot program to be carried out in a CALD group and the PERMA+ tool to be translated and developed further accordingly.

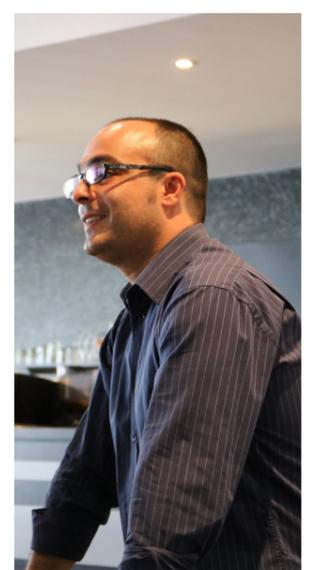
Therefore, COASIT has been doing exactly this in Italian for the benefit of the entire Italo-Australian community, with a grant awarded by Grants SA (The Department for Communities and Social Inclusion). The significance of this project is substantial as it represents the first effort to deliver the PERMA+ in a language other than English, with all materials such as workshop slides translated in to Italian. It also represents the first effort to deliver the PER-

MA+ to a culturally and linguistically diverse (CALD) group in their preferred language. The course will focus on the research behind building resilience, interactive activities, and concrete research-based resilience building skills that participants can begin using immediately.

Skills will include:

- Cultivating gratitude and realistic optimism
- Understanding that emotions and behaviours are triggered by how we interpret events
- Reframing your thinking to take purposeful action
- Understanding purpose and values
- Developing mindfulness
- Capitalising on strengths
- Active constructive responding
- Building social support during adversity and interpersonal problem solving

To date the pilot program appears to have been well received by all of our participants and we will keep the community updated with how the program is refined and accessible to the rest of the COASIT membership network as we progress!



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[www.facebook.com/coasitsa](http://www.facebook.com/coasitsa)

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