



Macedonian Community Welfare Association
Македонска Добротворна Организација

23rd Annual Report 2005/06



President's Report

It is with great pleasure and privilege that I write the Macedonian Community Welfare Association's (MCWA) 23rd Annual Report.

MCWA has had a long and stable history but has been undergoing significant changes in the last three years. The most important change is that the organisation has expanded its focus from Melbourne's western metropolitan region to Victoria.

This year the Committee of Management and staff undertook a strategic planning process. The Committee believes that our organisation must grow to address the existing unmet and projected health and welfare needs of the Macedonian community. The Committee recognises that for it to work effectively and efficiently it needed to define for itself clear strategic directions and to identify the steps to reach them. As a result, and for the first time, a Strategic Plan has been developed with three strategic priority areas to be pursued over a three-year period which we expect will place MCWA in a strong position for anticipated future growth. One of the manifest changes is the new MCWA logo.

MCWA continues its good work conducting Macedonian-speaking Planned Activity Groups. We hope to succeed in securing funding for Aged Care Packages for our community in the near future.

MCWA has moved into new areas of community education, using multimedia to develop a bilingual DVD titled Macedonian Immigrant Stories in Victoria. This ambitious project has been well received and could not have been completed to a high standard without the expertise of the Department of Visual Art, Design and Multimedia at Victoria University.

This year realised the completion of the Macedonian Diabetes Education Package. The Package contains a suite of resources in Macedonian and English for people with diabetes and their care givers to self-manage diabetes. The multimedia Package, which won an Australian peer judged Innovation Award at the 2006 National Diabetes Conference, was developed by Royal District Nursing Service over a number of years in close consultation with the Macedonian community. The MCWA congratulates the outstanding work Royal District Nursing Service has done with our community and for our community. The MCWA is proud of its involvement in this project.

Another partnership that MCWA has been involved with is with the Macedonian Advisory Consultative Community, a body made up of key Macedonian organisations from other sectors. This year the key activity was conducting an awareness and information campaign for the 2006 Census. In addition to contributing to this campaign, our staff assisted people in completing their Census forms – one of many examples of work that we are not funded or supported to do.

As mentioned elsewhere in this report, MCWA was involved at a community level in doctoral research relating to the Macedonian ageing population in Australia. MCWA welcomes research that would benefit the Macedonian community and will in future actively pursue partnerships with research institutions.

The present committee of management recognises that the growth trajectory that MCWA is experiencing is due to the committed work of previous committee members. It was with great pleasure that MCWA can report that our past President, Malina Stankovska accepted the award for 'Service Delivery to Multicultural Victoria – Community Services', presented as part of Victorian Government's Award for Excellence in Multicultural Affairs. The purpose of the award is to recognise the exemplary commitment and outstanding achievement of an individual in the service of Victoria's multicultural community. As a long time community activist this award is well deserved. Congratulations Malina!

On behalf of MCWA I would like to acknowledge the continuing support MCWA receives from funding bodies, particularly from the Department of Human Services through the Home and Community Care program and the Victorian Multicultural Commission. I also wish to acknowledge the ongoing support from the Migrant Resource Centre North West Region with whom MCWA has had an association with for 23 years.

I would like to thank our staff for their enthusiasm and commitment to their work and to our volunteers – those who support our programs and those on the Committee of Management for their dedication and wonderful work. Finally, thank you to our members who support our organisation in assisting our community.

Spase Velanovski
President

Treasurer's Report

The financial year ending on 30th June 2006 shows that the MCWA committee of management continues to prioritise the use of the funds towards the delivery of service for Macedonian community in Victoria.

The financial report has been prepared in accordance with the requirements of the Association Incorporation Act.

Items of note that occurred during this financial year were: the budgeting for accrued staff entitlements; the creation of an unfunded administration position; and the expenditure of grants that entered our account the previous financial year.

In conclusion I would like to acknowledge all fundings bodies for their support of our organisation's activities.

Kristina Risteski
Treasurer



Annual General Meeting 2005 Guest Speakers - Victorian Multicultural Commissioner, George Lekakis (left) and Minister for Aged Care, Gavin Jennings - accepting traditional handcrafted bags with Stevan and Visa Angelevski.

Co-ordinator's Report

The MCWA has had another successful year of service delivery and advocacy on behalf of the Macedonian speaking community in Melbourne. In 2006 committee members, staff and volunteers worked closely and creatively to ensure that the aims and objectives of MCWA were met. Some highlights from the past year were:

- Another successful and rewarding year for our Planned Activity Groups in Wyndham and Brimbank.
- The walking group in Mill Park now continues its work as a self running group. I would like to take this opportunity to thank all the women who participated.
- Organising two major community forums for Dementia Awareness Month in Reservoir and St Albans. Almost 200 participants were provided with information to assist them in recognising the differences between normal forgetfulness and memory loss, as well as learning more about what dementia is and how it is diagnosed.

- Development of a Memorandum of Understanding with Anzac Lodge in Mill Park for a residential care Macedonian wing for 20 beds for low, high and dementia specific care.
- Participation in doctoral research "Ageing in Multicultural Australia: The Effects of Migration on Public Health. The case of Macedonian Migrants in Australia".
- Conducting an awareness and information campaign for Macedonian-speaking people to complete their 2006 Census forms.
- Participation in the Community Sector Investment Fund, which aimed to enhance computer support and maintenance capacity in community sector organisations. This pilot project was funded by the Department of Human Services, involving six community based organisations and auspiced by the Migrant Resource Centre North West Region.
- Delivering training sessions on "Working with Macedonian-speaking elderly" to mainstream organisations.

- Organising with the Macedonian Embassy a Consular Day in St Albans which was hugely successful.
- The completion of an organisational three-year Strategic Plan

I would like to thank the MCWA staff for their energy and commitment over the past year. They have demonstrated great innovation, skill and passion in working with our community.

Diana Sterjovska
MCWA Co-ordinator



Past President, Malina Stankovska, accepting the award for Service Delivery to Multicultural Victoria from Premier Steve Bracks.

Strategic Plan 2006-09

Identifying our business

- Aged care
- Family health
- Health promotion
- Profiling the organisation

Securing our financial base

- Diversifying the funding base

Strengthening our organisation

- Structures
- Systems
- Resources
- Site location

Culturally Equitable Gateways Strategy (CEGS)

The Culturally Equitable Gateways Strategy (CEGS) is funded by the Department of Human Services. The aim of the CEGS is to increase the representation of people aged 65+ from non-English Speaking Backgrounds using Home and Community Care (HACC) services, primarily provided by Councils.

HACC services provide support for older people to allow them to continue to live in their homes, rather than entering residential care prematurely. Some of the services provided are home care, personal care, delivered meals, in-home respite and home maintenance.

One of the major objectives of CEGS is to support Councils to ensure that the HACC services that they provide are culturally appropriate.

Since January 2004 the MCWA has been working with a number of Councils across Melbourne to improve the uptake of these services by people of Macedonian-speaking background.

To this end, the MCWA has developed extensive partnerships with Councils, conducting joint cultural home based assessments and organisational orientations as well as developing cultural training tools that are used to inform Council workers about Macedonian culture and the Macedonian migration experience which has resulted in a considerable increase in the number of referrals of Macedonian-speaking people now using HACC services.

Sanja Georgievska
CEGS Project Officer

Social Support Program North – West Region

The Friendly Visiting Program and Planned Activity Groups aim to reduce isolation experienced by people living in the community. This is through enhancing social contacts, including encouraging the uptake of mainstream support services, as well as developing coping mechanisms and support networks.

The Macedonian Friendly Visiting Program's most important role is the establishment of relationships between Macedonian-speaking volunteers and vulnerable people in the Macedonian community, including isolated elderly, younger people with disabilities, and also carers of the elderly and disabled.

Through the relationships with volunteers, the Friendly Visiting Program is able to provide much needed support and access to services.

The Program has clients from Whittlesea, Darebin, Wyndham, Moreland, Brimbank, Hobsons Bay and Maribyrnong. The Program is kept alive by the commitment of volunteers, and throughout the year a number of new volunteers have undertaken training with the MCWA.

The MCWA would like to extend its thanks to all volunteers, and also the carers, for their dedication, commitment and support of the Program.

Macedonian Diabetes Education Package

Research in Australia indicates that language and literacy barriers continue to influence the accessibility of appropriate health information for migrants, especially those in older age groups (Pauwell, 1995).

Royal District Nursing Service (RDNS) nurses involved in diabetes education identified that the current available information was not meeting the needs of the Macedonian community.

RDNS worked in partnership with MCWA to develop a culturally and linguistically appropriate Macedonian Diabetes Education Package.



Elderly Macedonians participating in the development of the Royal District Nursing Service's Macedonian Diabetes Education Package

MCWA facilitated links with elderly groups in the north and west suburbs of Melbourne and as a result 105 individuals participated in a number of focus groups to discuss the content, language and format of the education package. The following participant information greatly influenced the package:

- 83% were born in Macedonia
- 12% were born in Greece
- 50% aged between 65-79
- 60% arrived in Australia 1960's & 1970's
- 94% had no formal education in the English language
- 90% had less than 6 years of formal education in the Macedonian language

The package contains a variety of teaching and learning resources including guidelines for staff using the materials, bilingual information sheets, flip chart, audio-tape and CD. It was designed and developed to address the individual learning styles and needs of individuals in order to self-manage their diabetes.

The Macedonian Diabetes Education Package was awarded the 2006 Lilly "Innovation Award" at the Australian Diabetes Society / Australian Diabetes Educators Association National Conference.



Macedonian Diabetes Education Package suite of resources.

Bilingual Macedonian Heritage DVD

Macedonian Immigrant Stories in Victoria is the first multimedia project undertaken by the MCWA to promote the recognition of, and respect for, the contributions of the Macedonian community in the wider Australian community.

The DVD is a compilation of nine edited interviews of Macedonian immigrants living in Victoria capturing their sentiments on topics such as homeland, journey, settlement and new homeland. Interviews are either in English or Macedonian and subtitled and accessed either through a thematic or character menu. Content includes personal photographs, folklore items, map of Macedonia and a brief overview of 20th century history of Macedonia and Macedonian immigration.

The project was developed in partnership with the Department of Visual Art, Design and Multimedia at Victoria University and funded by the Victorian Multicultural Commission through the Heritage Grants Program and Hybrid at Victoria University.



Информација на Македонски Јазик

45 Main Rd West,
St Albans 3021

Ph: 9367 6044

Fax: 9367 4344

Free call number

1800 988 767

Македонската Добротворна Организација (МДО) како организација што им помага на нашите луѓе постои 23 години. Оваа организација има долга и стабилна историја, но во последните три години настанаа значајни промени. Најзначајната промена е дека МДО покрај западното подрачје на Мелбурн ги прошири своите услуги ширум Викторија преку “CEGS” услугата.

Покрај другите успеси на МДО е изработката на ДВД “Приказни на Македонски Имигранти во Викторија”, кој е прв мултимедиумски проект изработен од Македонската Добротворна Организација со цел да се промовира, препознае и почитува придонесот на македонската заедница во Австралиското општество.

Ова ДВД се изработи за да се прикаже животот на нашите луѓе на пошироката јавност во Австралија и на нашата помлада генерација.

Компилација од девет едитирани интервјуа на Македонски имигранти, жители на Викторија која што ги прикажува нивните размислувања на теми како татковина, патување, сместување и новата татковина. Интервјуата се водени или на Англиски или на Македонски јазик со превод во другиот јазик и се достапни преку менито со теми или менито со карактери. Содржината вклучува и лични фотографии, фолклор, мапа на Македонија и краток преглед на историјата на Македонија и имиграцијата во текот на 20-от век.

Staff members

Diana Sterjovska

Home and Community Care Co-ordinator and Friendly Visiting Co-ordinator – Western Region, Acting Friendly Visiting Co-ordinator – Northern Region (Mar – Jun 2006)

Antoaneta Janeva

Planned Activity Group Co-ordinator – Brimbank

Mirjana Stojanovska

Planned Activity Group Co-ordinator – Wyndham

Blaga Petreska

Walking Group Co-ordinator (until Jun 2006)

Другите успеси на МДО се:

- Соработката со Royal District Nursing Service при изработка на проект наречен “Македонски образовен пакет за дијабетес”, што содржи информации на македонски јазик и е презентираан на различни начини вклучувајќи аудио касета, информативни и сликовити листови.
- Организирање на два поголеми форуми “Dementia Awareness Month” во Reservoir и St Albans. Приближно 200 лица добија информации за препознавање на разликите помеѓу нормалното заборавање и губењето на меморијата, како и за дименција и како се поставува дијагноза.
- Организирање на конзуларен ден со Македонската амбасада во St.Albans кој беше многу успешен.

Примери за програми и услуги во 2006 година:

- Програма за Пријателска посета е наменета за изолирани, изнемоштени и постари лица кои живеат во својот дом или општествени станови.
- Соработување со локалните општини за да се измени релативно малиот број на изнемоштени постари лица од македонско говорно потекло што ги користат “Услуги за нега во домот и заедницата”.

Се надеваме дека во иднина ќе постојат повеќе можности за различни програми наменети за нашите постари лица.



Slobodanka Trajkovska

Friendly Visiting Co-ordinator – Northern Region (resigned Feb 2006)
Projects Officer (until Jan 2006)

Sanja Georgievska

Culturally Equitable Gateways Strategy Project Officer
Friendly Visiting Co-ordinator – Northern Region (from Jul 2006)

Liljana Sajkarovska

Administration & Payroll Officer

Committee members

Spase Velanovski

President

Jaklina Michael

Anna Gikovski

Julie Lazaru

Vice President

Jim Markovski

Meri Ivanovska

Kristina Risteski

Treasurer

Atanas Sekulovski

(resigned August 2006)

Lence Markovska

Secretary

Jordanka Popevska