



# A Newcomer's Guide

Welcome to the City of Stirling





# Introduction

Welcome to the City of Stirling. This Newcomer's Guide was developed to assist in meeting the diverse needs of people arriving to make their new home in the City of Stirling. Through providing helpful and relevant local information, this Guide will assist newcomers in accessing services, utilising facilities and participating in local community and civic life. The Guide also highlights real people's stories and features a range of important topics including health, education, employment and transport.

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## Chapter 1

# Welcoming Newcomers to the City of Stirling

*“In the City of Stirling, we’re really lucky because we have the beach, we have the parks, we have everything here in the City of Stirling. But yeah, get involved with everything on offer in the City of Stirling where you have such a good mix of everything.*

*You just have to live here I think.”*

**Wahida Samim, originally a refugee from Afghanistan, now a thriving university student.**

# Welcome to Nyoongar Country

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Aboriginal Elder Doolann-Leisha Eatts is a proud Wadjak Ballardong Nyoongar Elder who was born in 1939 on the Badjaling Mission.

A traditional owner and custodian of this land we stand on today, Mrs Eatts and her family have worked hard for many years in the local community sector through cultural education and social support programs. From Lake Gwelup in the City of Stirling, Mrs Eatts and husband Walter welcome all people to Wadjak Nyoongar Country and yarn [chat] about local Aboriginal places and culture.

## Welcome to Country

I am Doolann-Leisha Eatts, a Wadjak Bibbulmun Mooro Nyoongar woman Elder in the area of Perth and Ballardong in the central Wheatbelt. With my husband Walter, we welcome you all here to our wonderful Country. As Elders and custodians of our land, we give you our blessings. And may God bless all of us here on Wadjak Nyoongar land and thank you.

## Welcoming newcomers

Australia's a beautiful country and it's for everyone that is arriving here and is living here. If they could see our land through the eyes of Aboriginal people, the beauty and freedom it has to offer, they would discover the treasure that has been handed down to the Aboriginal people from generation to generation. We welcome you all here to our wonderful Country and we give you our blessings.

## The Dreaming and Nyoongar culture

Our old people lived in the Dreaming, Dreamtime. The Dreamtime, way back then with the old people, it's where our [Nyoongar] laws, protocols and way of life came from. The laws of looking after and nurturing the land [Country] were handed down through generations right through until today. Our old people walked proud and strong upon this land. Our Country is in us Nyoongar people. Our hearts, our souls and our lives are in our land. The land is us and we are the land, our spirit is within our land.

## Nyoongar family and kinship

Our Aboriginal life, our families, our children and our kinships are interwoven together. Family is very important. It was the [Nyoongar] family structure that enabled our people and the laws to last for thousands of years in this land. To my nieces and nephews, I'm their Mum, they call me Mum and they respect me as their Mum. And for their children, I'm their Nan and they highly respect me too. If I call them, well they come, they're there for me and they listen to me. So family is very important, it's created out of respect. That's the way we bring our children up.

# City of Stirling Acknowledgment

The City of Stirling acknowledges the original custodians of this land, the Wadjak people of the Nyoongar nation, and pays its respect to the Nyoongar Elders, past and present. Australia is home to the oldest continuous living culture in the world. The City of Stirling is located in a region that has been home to Wadjak people for over 40,000 years. Wadjak is one of 14 language groups that are part of the Nyoongar nation, which covers the south-west of Western Australia.

## Aboriginal Place Names and Meanings within the City of Stirling





# Greetings from the Mayor



On behalf of the City of Stirling and the local community, I would like to welcome all newcomers to the City of Stirling. We are very pleased that you have chosen the City of Stirling as your new home.

The City of Stirling is one of the most diverse and culturally rich local governments in Western Australia.

Over the past decade, the City's population has grown by around 50,000 people. That is equivalent to an average of almost 14 new residents choosing to settle in the City of Stirling every day over the past 10 years. About 38 per cent of the City's population were born overseas and more than 27 per cent of residents speak a language other than English at home.

We understand it can take some time to settle into a new community. However, the City aims to ensure all newcomers feel welcome, connected and valued. There are many local services, facilities and resources available to support newcomers to make City of Stirling their new home. We hope this Newcomer's Guide will help you to connect, thrive and settle in the City of Stirling and would like to thank you for joining our local community.

We welcome you to the City of Stirling!

A stylized, handwritten signature in black ink, representing Councillor Mark Irwin.

**Councillor Mark Irwin**  
Mayor



# About the City of Stirling

With a thriving population of over 219,000 and a total land area of over 100km<sup>2</sup>, the City of Stirling is one of Western Australia's major local government areas. The City is situated about 10km north of Perth's central business district. The City of Stirling is divided into seven wards, each with two elected Councillors. The City of Stirling provides a range of services to its residents, including libraries, recreation, community services, security, and waste management.

The City prides itself on its culturally diverse community and on providing a consistently high standard of services, resources and amenities to its residents.

According to the 2016 Census, over one-third (38 per cent) of the population were born overseas and over a quarter (27 per cent) of the population spoke a language other than English at home. The Census counted more than one per cent of the City's population to be Indigenous Australians.





## City of Stirling Services and Facilities

The City of Stirling delivers a range of services to our diverse community. Some of the City's services and facilities include:

- Access and Inclusion
- Arts and Culture
- Community Care
- Community Centres
- Mirrabooka Multicultural Centre
- Rangers and Security
- Recreation Centres
- Rubbish and Recycling
- Seniors Clubs and Activities
- Services for Families
- Stirling Libraries
- Volunteering and Employment Opportunities

The City of Stirling website is a comprehensive resource of services provided for you. For more information or to sign up to the City's newsletter, please visit [www.stirling.wa.gov.au](http://www.stirling.wa.gov.au)

## Contacting the City

### By Telephone

Customer Contact Centre:

**Telephone** (08) 9205 8555  
Monday – Friday 8.30am – 5.00pm

**Facsimile** (08) 9345 8822

### In Person

Administration Centre  
25 Cedric Street, Stirling WA 6021  
Monday – Friday 8.30am – 5.00pm

### By Email

[stirling@stirling.wa.gov.au](mailto:stirling@stirling.wa.gov.au)

### By Post

PO Box 1533  
Osborne Park WA 6916

### Visit Our Website

[www.stirling.wa.gov.au](http://www.stirling.wa.gov.au)

### Alternative Contact Methods

If you experience difficulty speaking or hearing, assistance is available via the National Relay Service:

**TTY/voice calls:** 133 677

**Speak and Listen:** 1300 555 727

**SMS Relay:** 0423 677 767

**Internet Relay:**

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

## Translating and Interpreting Service

The Translating and Interpreting Service (TIS) is available on 131 450 and can contact the City on your behalf. This service is designed to ensure that non-English speakers are not disadvantaged and can access City of Stirling services.

## Public Transportation

The City of Stirling is connected to rail and bus networks which allow convenient public transportation options across the Perth metropolitan area. The City's four major public transport hubs are:

- Glendalough Train Station
- Stirling Train Station
- Mirrabooka Bus Station
- Karrinyup Bus Station

For more information or to view journey planners, timetables and station locations, please visit [www.transperth.wa.gov.au](http://www.transperth.wa.gov.au)





## Chapter 2

# People

*“One of the things that really helped me and my family with integrating to Australian society was those people who were already here and already established. They gave a lot of support with finding jobs, filling out forms and transport during our first couple of years here. That was really helpful.”*

**Moses Van Bawi Chawn, from Western Myanmar, now on the path to becoming a heart surgeon.**





# A Yarn with Local Aboriginal Elders



**Aboriginal Elders**  
Oriel Green, Ruth Bonser and Tricia Flynn-Scrutton are very active volunteers within the local community and have been participating members of the City's Reconciliation Action Plan Working Group (RAPWG). Oriel, Ruth and Tricia have a yarn (talk) about their lives in the City of Stirling.

## Welcoming newcomers

**Oriel** – I took a group of newcomers to where I grew up in the country. We were all on a bus that took us to the country towns where I lived and showed them my favourite places and some of the history of the area as well. It's amazing what has come out of that because we still keep in touch and meet. So you know we Aboriginal people are receptive. We are accepting of people, we're used to having people come into the country and we want to know about their culture, we want to know about them. For people who want to know about us, we're willing to tell them.

## Living in the City of Stirling

**Tricia** – When I first moved to this area, the City of Stirling area, everyone was so friendly and the kids played on the streets. It was really great, everyone was so friendly and I liked that. The shops aren't far, the public transport's great. So I liked it for that aspect and my son could walk to school.

**Ruth** – Even from my lounge room now inside my house I can sit and watch the moon come up or watch the sun rise. It's close to the Mirrabooka shops and bus station, and the train station's not far. There's a lot of support networks out there. I go down to Wadjak (Aboriginal Resource Centre), they're fairly close, and I drop into the Stirling Family Services office and yarn (talk) with the team in there. It's really convenient and handy.

## Local community groups and support services

**Tricia** – As far as community support goes, there's Sudbury house which is really fabulous. I've been going there for about two-and-a-half years to a friendship

group that meets on a Tuesday morning. I'm on the Sudbury House committee now too. There's lots of things, especially for migrants learning English. Sudbury House is such a community hub too, it's really good. You're really welcome, there's no pretences about it. It's just a great place to go.

## City of Stirling's Reconciliation Action Plan

The journey of Reconciliation is extremely important to the City of Stirling. Working to foster unity and respect between Aboriginal and Torres Strait Islanders and non-Indigenous Australians is at the core of the City's values and principles. To create positive outcomes for the reconciliation of our communities, the City of Stirling implemented a Reconciliation Action Plan (RAP) from 2014 – 2016. The next step is the Stretch Reconciliation Action Plan 2018 – 2021.

If you would like to learn more about Aboriginal culture or get involved in working with us towards Reconciliation, please visit the City's dedicated web page [www.stirling.wa.gov.au/reconciliation](http://www.stirling.wa.gov.au/reconciliation)

# Family–Friendly Community



Originally from Ireland, Aoife Stack and her family first visited Australia in 2005 on a holiday. They loved it so much they returned to start a new future here in the City of Stirling from 2013. A keen community-minded person, Aoife works locally with a diverse range of cultural communities. She is passionate about strengthening families and supporting their successful integration into the wider community.

## My newcomer challenges

For me the challenge was adjusting to life here in Perth. It wasn't easy at the start and that was a bit of a shock to me because it is a similar culture coming from Ireland to here. Even though I'd been in Australia before, I suppose back in Ireland we had our jobs, we had our family, we had our friends, and it took a long time to actually adjust to life here. So that's one of my biggest achievements in the last two years, to accept the changes and develop a different type of life here. But that's been really positive for us, embracing the way things are and going with it and enjoying it.

## Working with local communities

My work is located in Mirrabooka, which is a great place because it's really multicultural. I work with local communities to strengthen families and support their local integration and settlement here. There are many community service agencies based in Mirrabooka and there's a lovely energy. Many of these services are located very close to the shopping centre and bus station, which is very convenient. I love working with newcomers and supporting new communities to settle in and feel at home here.

## Family activities and fun in Stirling

A lot of the activities we're doing now revolve around our new baby. I find that the facilities here are excellent with a baby. We go to the Stirling libraries a lot, to Library Rhymetime. We go to the beaches and to the parks a lot and sometimes have barbeques there. It's great just to be able to go out and you always meet other people when you go to the parks and playgrounds.

There really are some fantastic facilities around and some of the most beautiful beaches in the world to enjoy the sunset and the simple things here that are very accessible.

## My advice to newcomers

I would say maybe slow things down a little bit, that it takes time and do it in small steps. Even little things, like just going to the park or going to the beach and enjoying the beautiful scenery that there is around. It does take a while to build up a support network and make friends and find work or whatever you're doing, so I think just be gentle with yourself and let yourself have the time to do it. It's probably one of the key learnings for me.



## Services for Children and Families

If you have a family or have just had a baby there are wonderful services that can provide useful information and opportunities for you to meet other families. Here are a few services:

### Stirling Libraries

#### Baby Rhymetime (0-2 years)

A free, fun and educational experience through simple rhymes, action songs and stories for both young ones and parents.

#### Pre-school Storytime (2-6 years)

Includes stories, songs and colouring, a great way for your child to make new friends and learn about reading.

For more information including times and locations, please visit [www.stirling.wa.gov.au/libraries](http://www.stirling.wa.gov.au/libraries)

### City of Stirling Family Services

Regular free or low-cost community programs, workshops and events for families, children and young people.

For more information or to sign up to the e-newsletter, please visit [www.stirling.wa.gov.au/families](http://www.stirling.wa.gov.au/families)

#### Community Events

Every year the City of Stirling celebrates with a range of free community events and activities for people of all ages.

For more information please visit [www.stirling.wa.gov.au/whatson](http://www.stirling.wa.gov.au/whatson)

#### Ngala (Parenting Support)

A friendly service running workshops to help mums, dads and carers to raise children as well as a parenting support helpline.

**Telephone** (08) 9368 9368

**Web** [www.ngala.com.au](http://www.ngala.com.au)

### North Metro Community Alcohol and Drug Service

Cyrenian House and Next Step connect individuals and families to services helping people affected by alcohol, drugs, and any associated mental health issues.

**Telephone** (08) 9246 6767

**Web** [www.cyrenianhouse.com](http://www.cyrenianhouse.com)

### Sudbury House

A welcoming space for all community. Stop by for a cup of tea, information, events and English conversation.

**Telephone** (08) 9344 8011

**Web** [www.sudburyhouse.org.au](http://www.sudburyhouse.org.au)



# Community Support to Help you Settle and Thrive



Jimmy Han Langle and Moses Van Bawi Chawn were born in the Chin State in Western Myanmar (Burma). Coming from severe hardship, with support from families and communities they have worked hard to advance their education and set up bright futures! Jimmy and Moses are very active local community members and encourage newcomers, young and old, to reach out to community support available to help them settle and thrive.

## Jimmy's story

### From despair to hope

I thought my hope was lost when I was spending many years on the streets in India, so I literally spent almost half of my life there with no guarantee of the future and no hope. But then suddenly I came here in 2013. I started working as a labourer and then in 2014, I started studying at UWA. I was really proud of getting into uni and graduating. I'm now planning to do a Masters of Social Work and then a Doctorate!

### My advice to newcomers

I think the newcomers should have contact with the older community members who have lived here much longer. This really helps a lot because then the community members won't feel culturally isolated as soon as they come here, they feel that their own people are here.

After they settle down with their own people and understand what is going on around them, then they can start having more contact with the other community members. Be active in your own community and from there you can connect to the other communities and get settled in.

## Moses' story

### Facing challenges and getting settled

I got here when I was around two years old and my parents initially, as they all do, struggled with the English language. But eventually it got better. After graduating from high school with a decent mark I'm now studying at UWA. When I graduate this year, I'm going to apply for medicine at UWA and I hope to become a heart surgeon, so that's pretty nice. It's something to look forward to.

### What I like about the City of Stirling

Our church uses a lot of parks and other facilities in the City of Stirling for sports days and various events that we do. We've been using the Herb Graham Centre on Sunday morning for volleyball which is nice. We use the shopping centres here a lot and the bus stations too. Recently we've been working with the City of Stirling and a lot of our university students. From what I see, the City of Stirling does a lot of programs for multicultural communities.

## Finding support from established communities

One of the things that really helped me and my family with integrating into Australian society was those people who were already here and already established. They gave a lot of support with finding jobs, filling out forms and transport during our first couple of years here. That was really helpful.



## Services for Migrants and Newcomers

To help you settle and thrive, here are services found in our community that support new migrants:

### Migrant Support

#### City of Stirling Mirrabooka Multicultural Centre

The City has a Multicultural Project Officer to assist recently arrived migrants to get settled and help multicultural communities thrive. This is achieved through:

- Using the Mirrabooka Multicultural Centre as a venue to meet
- Providing links to a range of supports and services
- Education workshops

**Telephone** (08) 9205 8555

**Web** [www.stirling.wa.gov.au/mmc](http://www.stirling.wa.gov.au/mmc)

#### City of Stirling Libraries

- English Conversational Group

Meet other people needing to practice talking English in a relaxed comfortable place. Mirrabooka Library and Osborne Library run these groups.

**Web** [www.stirling.wa.gov.au/whatsonlibraries](http://www.stirling.wa.gov.au/whatsonlibraries)

#### Adult Migrant English Program

A free course at North Metropolitan TAFE in English tuition to adult migrants and refugees.

**Telephone** 1300 300 822

**Web**

[www.northmetrotafe.wa.edu.au](http://www.northmetrotafe.wa.edu.au)

#### Department of Training and Workforce Development - Migration Services

Helps skilled migrants settle in Western Australia and offers assessment of your overseas tertiary qualifications.

**Telephone** (08) 9224 6540

**Web** [www.migration.wa.gov.au](http://www.migration.wa.gov.au)

#### Ethnic Disability Advocacy Centre

Aids and supports the rights of ethnic people with disabilities and their families.

**Telephone** (08) 9388 7455

**Web** [www.edac.org.au](http://www.edac.org.au)

#### MercyCare Mirrabooka Family Support Network

Assists migrants and their families to access the support they need and to make informed training and work choices.

**Telephone** 1300 760 691

**Web** [www.mercycare.com.au](http://www.mercycare.com.au)

#### Metropolitan Migrant Resource Centre

A helpful organisation offering settlement services for refugees, humanitarian entrants and newly arrived migrants.

**Telephone** (08) 9345 5755

**Web** [www.mmrcwa.org.au](http://www.mmrcwa.org.au)

#### Office of Multicultural Interests

OMI provides information, advice, funding, training and support to communities and community organisations to help build strong communities.

**Telephone** (08) 6551 8700

**Web** [www.omi.wa.gov.au](http://www.omi.wa.gov.au)



# Young People Pursuing Dreams



Wahida Samim was eight years old when she came to Australia as a refugee. Wahida had been separated from her father for six years after fleeing Afghanistan in search of safety. Now a university student, a motivational speaker and an active community volunteer, she recently won a scholarship for one year studying overseas in a cultural exchange program. Wahida is proof that anyone can overcome the challenges of youth and pursue their dreams!

## Our family's story

I was born in Afghanistan. The reason our family left Afghanistan was because we were from a minority group and we were facing persecution because of our faith. My Dad came to Australia in 1999. He was in a detention centre for seven months, then on a temporary visa for years. In 2005 he got his humanitarian visa. He was then able to sponsor us, his family. We eventually found ourselves in the City of Stirling.

## The challenges I faced as a teenager

The most difficult thing about living and growing up in Australia was when I hit the teenage years. Learning to grow two very different identities, that was very difficult. I think that's where a lot of people need help. I think as a child when you first come here you just want to learn and make friends as quickly as possible. You just want to be like everyone else. But when you go to school, everybody's very different. As long as they are willing to accept you and willing to be friends with you then it's all right. You feel at home and you feel a good sense of belonging.

## Local amenities I recommend

Libraries are a really fantastic place, especially if you have children. They have really cool activities that you can join in with kids, and English conversation groups. I also recommend the City's recreation centres; they have a lot of sports programs for everyone. I go to the swimming classes; swimming is such an important skill to have in Australia. My future goal is to learn how to swim well. In the City of Stirling we're really lucky because we have the beach, we have the parks. Get involved with everything on offer in the City of Stirling where you have such a good mix of everything.

## Giving back to the community

I support newcomers by helping them as much as I can with everything that they need. If they want to go to Medicare or other places, I'm very happy to go with them. It's really important that we provide a lot of activities, events and classes to support newcomers in adapting to a new life here, because when a lot of people first come here, they can be afraid.

## My advice to newcomers

I think my advice would be that when you do come, there is a big sense of relief; you now have freedom and all these services that are available to you. So you might feel very happy, but it's very easy to become overwhelmed. I think it's like an up-and-down process. The problems or the issues that you have, it's important to know that everything will get resolved, so don't worry too much. Australia is a very beautiful country where you have so many opportunities if you work hard. It's about you really taking the opportunity and taking the initiative. Set yourself free and do whatever you like.



## Youth Services

For young people, the challenges of settling in are different to those of their parents. There are services that focus on working with youth to support them in our community. These include:

### Swimming Lessons

Find out details of local swimming lessons and bring some fun to your kid's day.

For more information, please visit [www.stirling.wa.gov.au/lts](http://www.stirling.wa.gov.au/lts)

### On the Bus

This exciting school holiday program for 11-15 year-olds takes them to activities around the City.

**Telephone** (08) 9205 8569

**Web**

[www.stirling.wa.gov.au/children](http://www.stirling.wa.gov.au/children)

**Email** [children@stirling.wa.gov.au](mailto:children@stirling.wa.gov.au)

### Youth Programs and Activities

The City of Stirling runs programs, events, festivals, health services and groups just for young people to connect, understand and enjoy life.

For more information, please visit [www.stirling.wa.gov.au/youth](http://www.stirling.wa.gov.au/youth)

### Headspace Osborne Park

Information and services for young people (12-25 years), their families and friends in the areas of mental health, physical health, work and study support, and alcohol and other drug services.

**Telephone** (08) 9208 9555

**Web** [www.headspace.org.au](http://www.headspace.org.au)

### The Multicultural Youth Advocacy Network WA

The organisation runs projects that enhance the skills of young people from refugee and migrant backgrounds. They come together to tackle issues faced by the multicultural youth sector.

For more information, please visit [www.myanwa.com](http://www.myanwa.com)

### Youth Futures WA

Providing young people opportunities in educational and support programs delivered at the Mirrabooka Multicultural Centre. They run a Multicultural Youth Service to support newly arrived young people.

**Telephone** (08) 9300 2677

**Web** [www.youthfutureswa.org.au](http://www.youthfutureswa.org.au)







## Chapter 3

# Getting Settled and Involved in Your Community.

*“Be active in your own community  
and from there you can connect to  
other communities and get settled in.”*

**Jimmy Han Langle, originally from Burma,  
now a successful university student and active  
community member.**

# Volunteering as a Gateway to Employment



Andrea Creado is the CEO of Ishar, a multicultural women's health centre based in the City of Stirling. Coming from India 16 years ago, she worried a lot about finding a job, buying a house and getting a driver's licence. Andrea went back to study and became an active For Andrea, the beginning of settling in and feeling at home here was getting connected and engaging with all of the local support services available.

## Adjusting to life and challenges in Australia

I arrived in Australia in 2001 from India, where I used to work as a counsellor. My study background was in human development and psychology. I arrived here with my daughter and my husband. I applied for perhaps 100 jobs in the first three months of being here, but as a lot of people know, you might migrate with certain qualifications but those qualifications are not recognised here. So I went to a job search agency and then I realised I would have to requalify. I went back to university, I looked for volunteer opportunities and that's how I started my journey of working. For me, now working at Ishar, I kind of grew from a volunteer to a part-time project officer, and then in 2007, I became the Chief Executive Officer (CEO).

## What I enjoy about living in City of Stirling

I have lived in the City of Stirling now for about 14 years and what I like about it is firstly the amenities are really good. We've got the parks and beaches that get regularly maintained and are easily

accessible, very convenient when you have kids. City of Stirling holds free events that are really good to attend, various music festivals and art festivals. We are frequent users of the library and it's great because my daughter is an avid reader so it's really convenient.

All of the amenities, the toy libraries, swimming centres, recreation centres, we use often. It's so convenient and really good living here.

## My advice to newcomers

The best thing somebody can do when you first arrive here is to get acquainted with all the services that are available. It's really good to get connected with the services, like come to the library, become a member and start using the services. The quicker you start using the services, the more you feel connected, the more you feel that you belong here and you start to understand how things work. It helps you to settle in and then start looking for what's available to you.

You can pick up new skills, there's opportunities to study, to volunteer and to try a new profession. I understand the anxieties felt by

many newcomers in attempting to settle and thrive in a new country. I encourage people to be patient and set realistic but empowering goals, such as learning English and acquiring a local driver's licence.

## Supporting women and their families

Ishar is a Women's Multicultural health organisation offering services in four areas. Firstly, we do women's reproductive health check-ups and support. We have a doctor, midwife, psychologist, counsellor and exercise programs. We also offer a family support program through which mothers with young children can be a part of a group, chat with other mothers, and learn about parenting challenges within the Australian context. We run a lot of other support groups, including for older women, women dealing with family violence situations, and women who are going through a rough time taking care of family.



## Services for Men and Women

The quicker you start using the local services, the more you will feel connected and like you belong here. It will help you understand how things work. It will help you to settle in.

### **Stirling Women's Centre**

Offers safe crisis accommodation and counselling for women and children affected by domestic violence.

**Telephone** (08) 9205 7375

**Web** [www.stirling.wa.gov.au](http://www.stirling.wa.gov.au)

### **Kaleidoscope Initiative**

The Kaleidoscope Initiative supports newcomers to become job-ready in their field of expertise for better employment outcomes. Partners with community cultural organisation's to help members access resources and networks.

For more information please visit [www.kaleidoscopeinitiative.com.au](http://www.kaleidoscopeinitiative.com.au)

### **Ishar (Multicultural Women's Health Centre)**

Run by women, providing culturally sensitive health services for women and their families.

**Telephone** (08) 9345 5335

**Web** [www.ishar.org.au](http://www.ishar.org.au)

### **Women's and Men's Domestic Violence Helpline**

A phone line for women and men facing domestic abuse along with access to legal advice, accommodation and support services.

#### **Telephone**

Women's helpline (08) 9223 1188

Men's helpline (08) 9223 1199

**Web** [www.dcp.wa.gov.au](http://www.dcp.wa.gov.au)

### **Men's Shed Association**

A safe, friendly, welcoming organisation, accessible to all men to work on meaningful projects.

**Telephone** 0438 388 337

**Web** [www.mensshedswa.org.au](http://www.mensshedswa.org.au)

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## Employment and Volunteering

### **MercyCare – Workforce Development Centre – The Career Centre**

Providing the multicultural community with training and work choices.

**Telephone** (08) 6298 9888

**Web** [www.mercycare.com.au](http://www.mercycare.com.au)

### **Job Access (Disabilities)**

Provides a range of resources for people with disabilities and their employers.

**Telephone** 1800 464 800

**Web** [www.jobaccess.gov.au](http://www.jobaccess.gov.au)

### **Volunteering in the City of Stirling**

Find out how you can get involved with being part of Team Stirling, and how it benefits you, your community and the City's services.

For more information, please visit [www.stirling.wa.gov.au/volunteer](http://www.stirling.wa.gov.au/volunteer)

### **Volunteering WA**

Connects you to volunteering opportunities and support, a great way to join your community.

**Telephone** (08) 9482 4333

**Web** [www.volunteeringwa.org.au](http://www.volunteeringwa.org.au)

# Being Active and Involved in Your Community



Bella Ndayikeze was seven when she arrived from Tanzania as a refugee. Understandably, it was a challenge for Bella to adjust to a new culture but she never gave up! Now, 12 years later, Bella is a youth leader and has her own business in creative media. Through her work at the Edmund Rice Centre she has brought communities and youth together. As an accomplished athlete, especially Australian football, Bella is committed to bridging cultures through sport and recreation.

## From Burundi to City of Stirling

I was born in Burundi; I lived there for a year before war broke out and I migrated with my mother to a refugee camp in Tanzania. Basically I've lived there most of my childhood so I've seen most of the things that go on. It's very traumatic. Just coming here, the whole life experiences, the opportunities to work and the opportunity to have freedom as a young female to do whatever you want essentially and to be able to play sport. Because when you are a female in a refugee camp you don't have that freedom. Now, I've got a leadership program which is all about building your confidence and learning about life and being able to stand up for yourself. And just being yourself because you don't have to change who you are.

## What I like about working locally

Some of the things I like about working in the City of Stirling are that they're very inclusive. I work at the Edmund Rice Centre.

The City of Stirling is always willing to support us however they can. I know they put on great multicultural events, inclusive events such as NAIDOC week and they get on board and involve everybody. We've done projects together, there's the Beat Ball, which is a basketball competition. They service not just people within the City of Stirling, but they look at the things that are needed for infrastructure, the future of young people. And it's great to have the Family Services here in Mirrabooka. So I'm happy to be here and there are plenty of people around. It is a place where anyone's welcome really.

## My goals

I'm really happy with having opportunities and taking it up with two hands. I'm a part of the Perth Global Shapers Group which is an innovative group that's all about discussing issues and being able to see a way forward. And I really want to work on my business (Ignite Creative Media) and make it sustainable. And not just for my own gain but to be able to support people in their integration with the media world and social media.

## My advice to newcomers

I certainly think that it's great to take opportunities. I know it's really hard to be in a new space and it's hard to integrate but there are always people here to help you. Don't feel like you're a stranger or you're not welcome here. You're very welcome and this is basically your new life and be appreciative and get involved and don't stay home and feel upset. English is a second language but it shouldn't be a barrier for you being involved and having fun and doing whatever you can to be a part of the culture of Australia.



## Services

Being active and participating in community clubs, groups, courses and events can help you have fun and feel involved in your community.

### BeatBall

BeatBall takes place on the last Friday of the month. Young people can enjoy some friendly three-on-three basketball matches with backing entertainment from a local DJ. Come along and enjoy the company, music, basketball and a free sausage sizzle.

Cost: Gold coin donation

#### Junior comp

(6-11 years) starts at 6.00pm

#### Senior comp

(12-17 years) starts at 7.45pm

#### Venue:

Stirling Leisure Centres – Herb  
Graham Recreation Centre –  
Mirrabooka

**Telephone** (08) 9205 7321

#### Web

[www.stirling.wa.gov.au/beatball](http://www.stirling.wa.gov.au/beatball)

### Stirling Youth Advocates

A group of young people who work together to advocate on behalf of other young people who live in the City of Stirling and increase youth engagement opportunities.

#### Email

[familyservices@stirling.wa.gov.au](mailto:familyservices@stirling.wa.gov.au)

### Sports clubs

Joining a sports club and playing sport is a great way to make friends and do some physical exercise.

**Web** [www.stirling.wa.gov.au/clubs](http://www.stirling.wa.gov.au/clubs)

### Edmund Rice Centre WA

A welcoming centre that empowers young people through education and works on developing community. The Centre runs programs to engage young people in sports.

**Telephone** (08) 9440 0625

**Web** [www.ercwa.org.au](http://www.ercwa.org.au)



# Understanding Laws and Your Rights



Scott Johnson arrived in Australia with his wife in 1993. A lawyer in the community development sector Scott had worked in overseas development and aid. Working for Northern Suburbs Community Legal Centre, one of Scott's key objectives is to help newcomers understand local laws, their civil rights and responsibilities.

## What I noticed when I first came to City of Stirling

The thing about the City of Stirling is that there's quite an ethnically diverse community, with a lot of new migrants coming here. The City of Stirling Mirrabooka area is a really interesting place where you can gather information and meet with communities. We've got the library here in Mirrabooka; it's right near the shopping centre and it's a massive hub for all the communities.

## Helping newcomers to understand local laws

I work in a non-profit community legal centre so we often partner up with local agencies, including City of Stirling. We do a lot of community education events for a lot of the new migrants coming here, with the TAFE schools, local community groups and newcomer communities. We try to help the community as much as we can because we understand a lot of new migrants coming here to Australia

can have a tough time, especially if they don't speak much English. We understand they've often had a tough life and then coming to Australia with its whole new set of laws, it's going to be difficult. So we try to engage with newcomers early so they avoid the problems in the future. For instance, if a family is having problems with their tenancy or are homeless, it can disrupt the family. We want to provide legal information and assistance.

## My advice to newcomers

For new arrivals coming to Australia, you've got to keep hope. It's going to take time but learn as much as you can and interact as much as possible. It's really just general advice but the laws are different here, there are things in our society that may be different from other countries that you came from, but you've just got to stick with it and persevere. You know you can learn and move on. For sure we've seen many people who rise above the challenges and they're buying houses, having families, going to schools and universities.



## Services

To help you settle in, get to know the local laws and your rights as a community member.

### Legal Aid WA

The largest provider of legal aid services.

**Telephone** 1300 650 579

**Web** [www.legalaid.wa.gov.au](http://www.legalaid.wa.gov.au)

### Northern Suburbs Community Legal Centre

A legal service that aims to give disadvantaged and low-income earners access to legal services.

**Telephone** (08) 9440 1663

**Web** [www.nsclegal.org.au](http://www.nsclegal.org.au)

### Tenancy WA

Provides advice to help resolve tenancy problems and renters understand their rights and responsibilities.

**Telephone** (08) 9221 0088

**Web** [www.tenancywa.org.au](http://www.tenancywa.org.au)

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### Emergency Call Service – Police, Ambulance, Fire Brigade

For life threatening situations, telephone 000

Report crime anonymously by telephoning 1800 333 000

For State Emergency Service, telephone 132 500



# Translations

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This Newcomers Guide has been translated into several languages. These are:

- Arabic
- Burmese
- Chinese
- Dari
- Farsi
- Hindi

To request a copy in your preferred language, please contact the Customer Contact Centre

**Telephone** (08) 9205 8555

**Email** [stirling@stirling.wa.gov.au](mailto:stirling@stirling.wa.gov.au)









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This information is available in alternative formats on request. Please contact the Stirling Customer Contact Centre on (08) 9205 8555