



# Northern Federation of Ethnic Senior Citizen's Clubs

**Nadereh Edwards**

Coordinator

**John Nicolaou**

President



**Spectrum** Migrant Resource Centre (MRC)  
[www.spectrumvic.org.au](http://www.spectrumvic.org.au)



# History



- ✿ Formed in 1998
- ✿ Bringing together a number of senior citizen clubs
- ✿ “Stronger voice for ethnic seniors”.







# The Community Involved

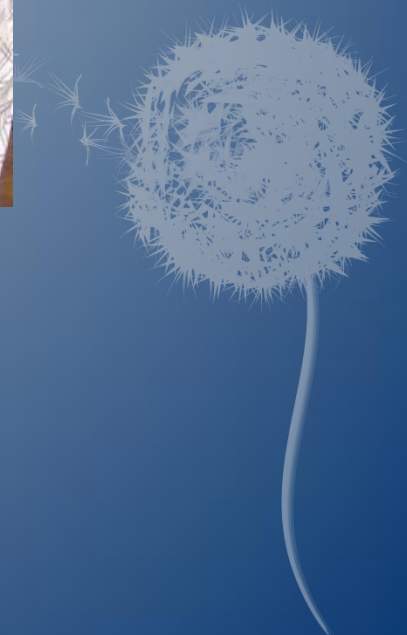


- ✿ from 80 clubs in the Northern Region.
- ✿ Clubs represent these ethnic communities:

Greek	- Macedonian	-Italian
- Chinese	- Vietnamese	- Indian
- Polish	- Maltese	- Mauritian
-Spanish	-East African	
- ✿ Members hold various positions in their clubs.







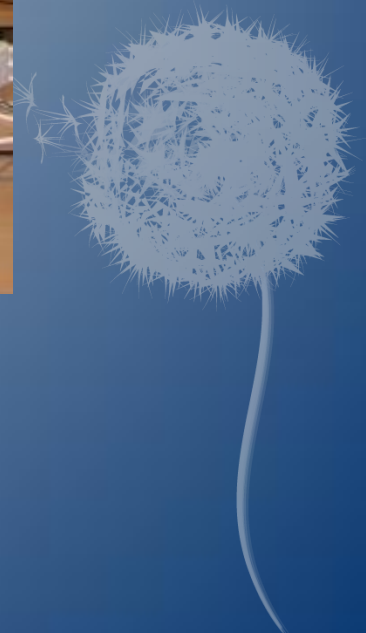
# Role of the Coordinator

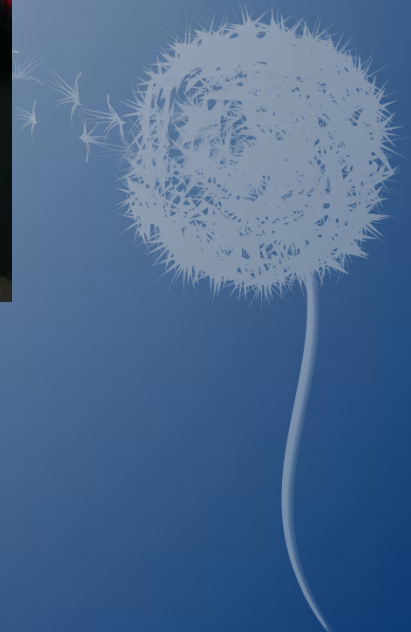


- ✿ Provide assistance to members in fields such as IT, financial reporting and grant applications
- ✿ Organize monthly meetings, AGM and Christmas celebration
- ✿ Lobby with Federation members for policy change
- ✿ Organize speakers as per issues raised by Federation members
- ✿ Mentoring and encouraging members to represent themselves









# Funding Sources



- Social worker's position funded by Department of Human Services
- Federation activities funded by Victorian Multicultural Commission
- Festivals and celebration funded by councils (pending application approval)

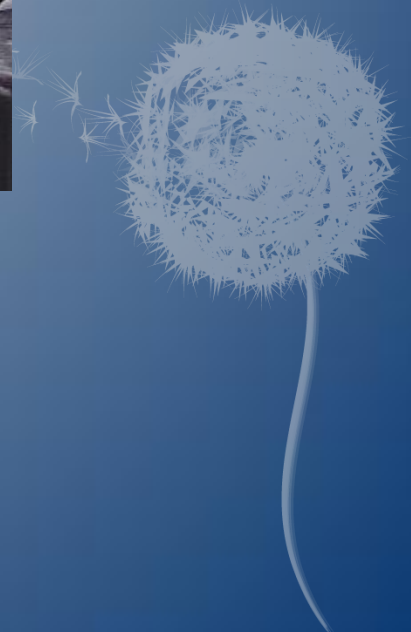


# Underpinning beliefs, political and theoretical orientation



- ✿ Ethnic seniors in Australia need a platform to voice their concerns
- ✿ English is their second language and thus, it creates a barrier in accessing mainstream services and information
- ✿ They are disadvantaged and marginalised due to age and ethnicity





# Celebrating and Embracing Diversity



- ✿ Identify cultural specific needs
- ✿ Empowered to openly discuss differences and find ways to nurture them
- ✿ Safe space to voice their concerns over aging, sicknesses, disability and dis/satisfaction over the services available to them.





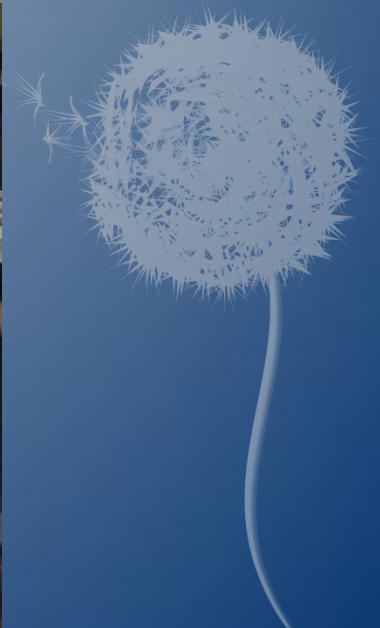
# Aims and Objectives



- ✿ Form a network of ethnic senior citizen clubs operating in isolation.
- ✿ Identify common issues, advocate to Local, State and Federal government on those issues
- ✿ Exchange information, skills, and share resources
- ✿ Promote awareness of relevant policies and programmes







# Aims and Objectives



- ✿ Represent the interest of member organizations
- ✿ Offer feedback to service providers
- ✿ Encourage agencies to be more culturally specific when dealing with people from ethnic background



nic senior citizens' clubs are in the north.

## Migrants want better transport links, need pension rise



Northern Federation of Ethnic Senior Citizens Clubs president John Nicolaou.

NIEPT406

# Old value groups

Seniors | Marion Joseph

FEELINGS of isolation and the need for a greater pension concern elderly migrants in Darebin.

Over 100 migrants met at the Northern Federation of Ethnic Senior Citizens Clubs' annual meeting to discuss issues close to members hearts and minds.

Federation president John Nicolaou said isolation, transport and healthcare were some of the


members' main worries. "The senior citizens' clubs are vital because they're aged people and they need these clubs to keep them going so they're not isolated," he said.

Mr Nicolaou said improved transport networks were needed so elderly migrants could stay mobile.

"Most are scared to go out after-hour, if they go out in the afternoon there might not be a bus home," he said, adding that the federation was lobbying councils and government

for improved public transport. Spectrum Migrant Resource Centre is working with the federation to encourage new migrant communities to join senior citizens clubs.

Federation project officer Naderah Edwards said groups' activities made members feel connected. Indian and Arabic groups had just started up.

 Do you have similar concerns? Tell us at [prestonleader.com.au](http://prestonleader.com.au)

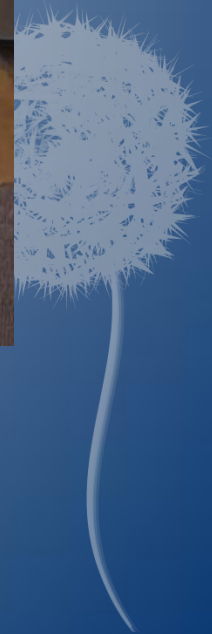


# Key Strategies, tasks and Activities



- ✿ Meet once a month to discuss matters related to each ethnic seniors clubs
- ✿ Members nominate topics for proposed meetings
- ✿ Guest speaker invited as per members request
- ✿ Discuss matters impacting on the wellbeing of senior ethnic citizens and decide on the way forward



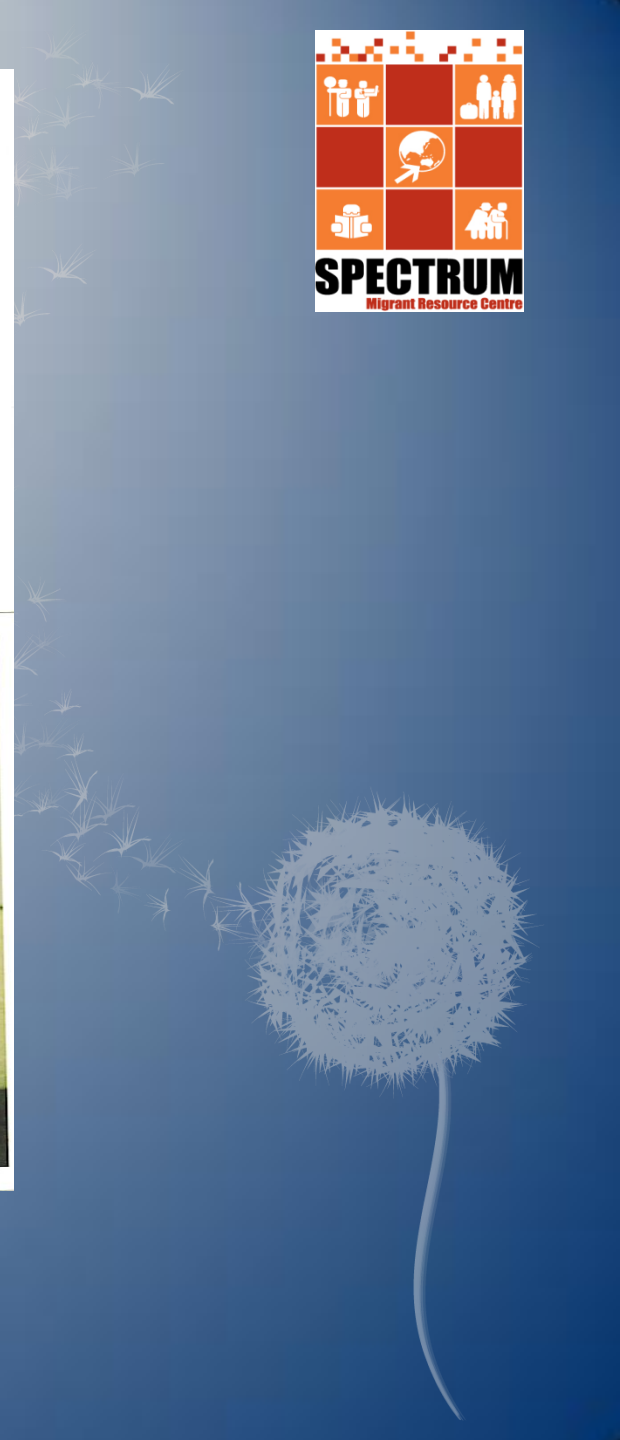
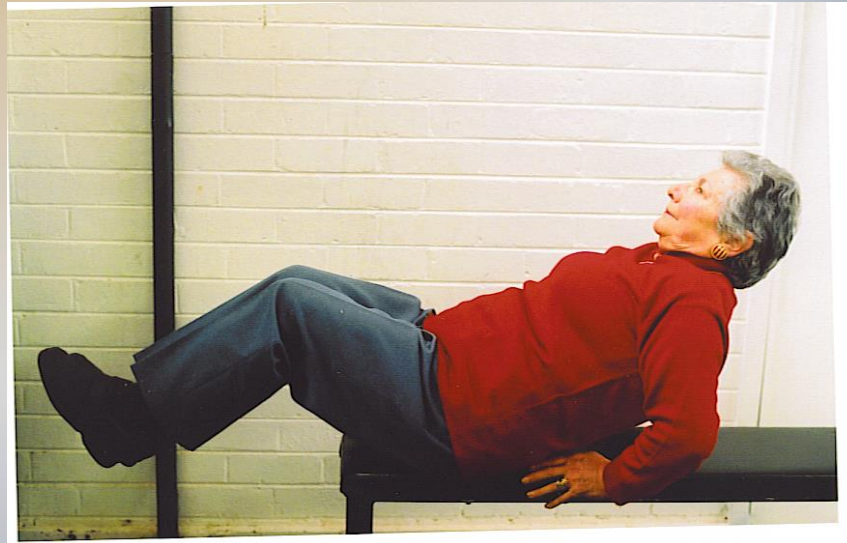


# Initiatives undertaken by Federation members



- ✿ “How to run a club” Training
- ✿ Multicultural cook book
- ✿ Walk leader training
- ✿ News letter
- ✿ Strength based exercise poster
- ✿ Various cultural celebration





# WALKING DAREBIN WALK WITH US



**JOIN A WALKING GROUP TODAY**

**Darebin Pram Walking Group**

Various locations in Darebin

**Darebin Walking Group**





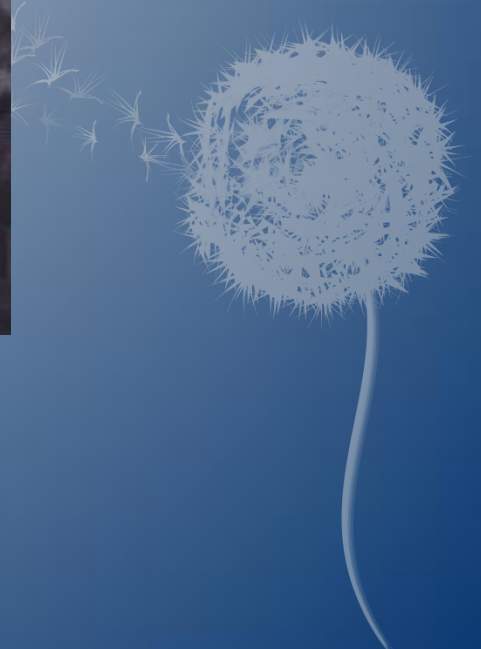


# Future Directions



- ✿ IT training
- ✿ Positive ageing Expo
- ✿ Multicultural Cookbook
- ✿ Advocate for community based aged housing
- ✿ Organize various information sessions





# Contact us



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