

My Health Our Health

- **Our mission**
- **Upcoming Events**
- **MHOH Program Launch**
- **Social Media**
- **Meet the team**
- **Science Week**
- **Food Sensations**

Our Mission

My Health Our Health (MHOH) is a program, which is funded by the Department of Health. MHOH adopts a holistic approach to deliver health and blood-borne virus prevention and education services to ethnic communities in culturally and linguistically appropriate ways.

The focus is on preventing blood borne viruses and STI's, however, we will also provide information about testing and treatment.

We aim to address the stigma of blood borne viruses and STI's in CALD communities through improved knowledge and access to services.

MHOH is run by young CALD community leaders. We hope to empower youth to help them achieve their true potential in life.

The MHOH Team

The MHOH team is run by young, cald community leaders. We have people from the Afghan, Ogaden, Somalian and Indian communities.

The community leaders range from engineers, to artists, to history teachers to university

Events

The support we offer involves organising events, activities and festivities, which provides an opportunity for communities to come together and feel a sense of belonging.

Activities include regular sporting events, such as basketball and soccer games, swimming lessons, first aid courses etc.



Swimming Lessons with Royal Life Saving

We have a series of events happening during science week in August. One event during science week involves The Afghan women gathering to learn practical health and food safety techniques.

The Launch

The Launch of MHOH took place on July 7th. The program was launched by the Hon. John Day- the Minister for Health. The event was a great success. Thank you to everyone who was involved in making the day



Minister Day launching the MHOH program

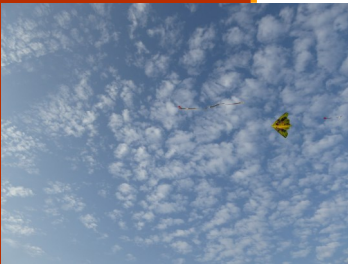
students.

Each of the community leaders are passionate and dedicated to helping their communities and providing services in a culturally appropriate manner.



The MHOH community leaders

Social Media



As a way to inform cald youth of the many MHOH events and activities happening, we have a facebook and Instagram page under the name of Our Space.

For more information see:

www.ourspaceperth/facebook.com.au

The Instagram will exhibit a range of multicultural photos, which will appeal to youth. For example, each week a new

theme will be displayed such as food, celebrations, traditional dress plus many more. The underlying motive of the Instagram is to also provide youth with access to information about health services, nutrition and other health related information.

Interested in culturally appropriate information sessions for your community or group? Contact the MHOH Team on 9328 2699

Science Week

Come and be a part of the Land of Ogaden.

Ogaden Community Association of WA in partnership with the Multicultural Services Centre of WA presents this fun day Science Week event and watch the children's' displays

of their projects on the Ogaden Land.

Be part of the several fun Activities of the Science Day. A day of fun for the children and families!

•Scientific project display and the children will talk about them to attendees

- Other fun science activities
- Traditional Food and music
- Community leaders' involvement and acknowledgement

WHEN:
20TH OF AUGUST

10AM – 4PM

WHERE:
HERB GRAHAM CENTER



Food Sensations

*Food Sensations for Adults** is a nutrition and cooking program designed to give you a good understanding of healthy eating, as well as skills necessary to purchase and prepare healthy foods. The program will provide you with a fun and hands-on learning experience, allowing you to cook and taste the meals you make.



The Afghani women gather at a weekend event to learn about healthy food preparation



Something for everyone: Children enjoying arts and crafts



MHOH information stall at the ISWA (Indian Society of WA) Hariyali Teej event. *Hariyali Teej* is a fasting festival for Hindu women (married or unmarried), celebrated for marital bliss and the wellbeing of their husbands.



MHOH Afghani community leader Edriss, Eva Mwakichako and Janine Freeman (MP) getting involved in the different events they've helped organize.