

# ACTION on DISABILITY within ETHNIC COMMUNITIES Inc.

ABN: 32 390 500 229

## Social Support Group Activities Program 2020

As At 13 February 2020

### Carers Support Groups

No	Group Ethnicity	Region	Facilitator	Meetings On	Meeting Venue
1	Afghan Carers Support Group	South	Shaima Shahbaz: <a href="mailto:shaima@adec.org.au">shaima@adec.org.au</a>	1 <sup>st</sup> Tue of month	ADEC Dandenong Meeting Room 1/50 Thomas St, Dandenong 3175
2	Arabic Carers Support Group	North	Mariane Elgamal: <a href="mailto:mariane@adec.org.au">mariane@adec.org.au</a>	2 <sup>nd</sup> Tue of month	ADEC Preston 175 Plenty Rd, Preston 3072
3	Arabic Carers Support Group	South	Mariane Elgamal: <a href="mailto:mariane@adec.org.au">mariane@adec.org.au</a>	4 <sup>th</sup> Tue of month	Springvale Neighbourhood House 46-50 Queens Avenue, Springvale 3171
4	Chinese Carers Support Group	North/West	Cheng Zheng: <a href="mailto:cheng@adec.org.au">cheng@adec.org.au</a>	1 <sup>st</sup> Thu of month	ADEC Preston 175 Plenty Rd, Preston, 3072
5	Chinese Carers Support Group	South	Cheng Zheng: <a href="mailto:cheng@adec.org.au">cheng@adec.org.au</a>	4 <sup>th</sup> Fri of month	Springvale Neighbourhood House 46-50 Queens Avenue, Springvale 3171
6	Greek Social Support Group	North/West	Effie Meehan: <a href="mailto:effie@adec.org.au">effie@adec.org.au</a> Stephanie Merazzi: <a href="mailto:stephanie@adec.org.au">stephanie@adec.org.au</a>	2 <sup>nd</sup> Fri of month	ADEC Preston 175 Plenty Rd, Preston, 3072
7	Italian Social Support Group	North/West	Cathy Briscuso: <a href="mailto:cathy@adec.org.au">cathy@adec.org.au</a>	1 <sup>st</sup> Fri of month	ADEC Preston 175 Plenty Rd, Preston, 3072
8	Japanese Carers Support Group	North/West	Maiko O'Reilly: <a href="mailto:maiko@adec.org.au">maiko@adec.org.au</a>	3 <sup>rd</sup> Fri of month	ADEC Preston 175 Plenty Rd, Preston, 3072
9	Karen Carers Support Group	West	Sarmuwah Kunoo: <a href="mailto:sarmuwah@adec.org.au">sarmuwah@adec.org.au</a>	4 <sup>th</sup> Fri of month	ADEC Werribee 4A Watton Street, Werribee 3030
10	Karen Social Support Group	West	Sarmuwah Kunoo: <a href="mailto:sarmuwah@adec.org.au">sarmuwah@adec.org.au</a>	3 <sup>rd</sup> Fri of month	ADEC Werribee 4A Watton Street, Werribee 3030
11	Turkish Carers Support Group	South	Aysun Celepci: <a href="mailto:aysun@adec.org.au">aysun@adec.org.au</a>	2 <sup>nd</sup> Tue of month	Springvale Neighbourhood House 46-50 Queens Avenue, Springvale 3171

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12	Turkish Carers Support Group	North	Aysun Celepci: <a href="mailto:aysun@adec.org.au">aysun@adec.org.au</a>	3 <sup>rd</sup> Thu of month	Broadmeadows Community Hub 180-182 Widford St, Broadmeadows 3047
13	Turkish Carers Support Group	West	Aysun Celepci: <a href="mailto:aysun@adec.org.au">aysun@adec.org.au</a>	3 <sup>rd</sup> Tue of month	Flemington Community Centre 25 Mt Alexandra Road, Flemington 3031
14	Turkish Carers Support Group	Whittlesea	Aysun Celepci: <a href="mailto:aysun@adec.org.au">aysun@adec.org.au</a>	4 <sup>th</sup> Tue of month	Thomastown Turkish Education and Islamic Centre 124 Station Street, Thomastown 3074
15	Vietnamese Carers Support Group	South	Thuy Cai: <a href="mailto:thuy@adec.org.au">thuy@adec.org.au</a>	4 <sup>th</sup> Tue of month	Springvale Service for Children 23-28 Lightwood Rd, Springvale 3171
16	Vietnamese Carers Support Group	North	Thuy Cai: <a href="mailto:thuy@adec.org.au">thuy@adec.org.au</a>	3 <sup>rd</sup> Tue of month	ADEC Preston 175 Plenty Rd, Preston, 3072
17	Vietnamese Carers Support Group	West	Thuy Cai: <a href="mailto:thuy@adec.org.au">thuy@adec.org.au</a>	3 <sup>rd</sup> Wed of month	Westvale Community Centre 45 Kings Road, St Albans 3021

**High Needs Groups**

No	Group Ethnicity	Region	Facilitator	Meetings On	Meeting Venue
1	Afghan High Needs Group	South	Arian Sharif: <a href="mailto:arian@adec.org.au">arian@adec.org.au</a>	2 <sup>nd</sup> Wed of month	Lunch outing. Clients picked up by ADEC bus.
2	Arabic High Needs Group	West 1	Nardin Youssef: <a href="mailto:nardin@adec.org.au">nardin@adec.org.au</a>	1 <sup>st</sup> Thu of month	Lunch outing. Clients picked up by ADEC bus.
3	Arabic High Needs Group	West 2	Nardin Youssef: <a href="mailto:nardin@adec.org.au">nardin@adec.org.au</a>	3 <sup>rd</sup> Thu of month	Lunch outing. Clients picked up by ADEC bus.
4	Arabic High Needs Group	West 3	Nardin Youssef: <a href="mailto:nardin@adec.org.au">nardin@adec.org.au</a>	1 <sup>st</sup> Thu of month	Lunch outing. Clients picked up by ADEC bus.
5	Arabic High Needs Group	Whittlesea	Mariane Elgamal: <a href="mailto:mariane@adec.org.au">mariane@adec.org.au</a>	3 <sup>rd</sup> Tue of month	Lunch outing. Clients picked up by ADEC bus.
6	Arabic High Needs Group – HCP	Whittlesea	Mariane Elgamal: <a href="mailto:mariane@adec.org.au">mariane@adec.org.au</a>	3 <sup>rd</sup> Mon of month	Lunch outing. Clients picked up by ADEC bus.
7	Arabic High Needs Group	South	Mariane Elgamal: <a href="mailto:mariane@adec.org.au">mariane@adec.org.au</a>	2 <sup>nd</sup> Mon of month	Lunch outing. Clients picked up by ADEC bus.

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8	Chinese High Needs Support Group	Darebin	Cheng Zheng: <a href="mailto:cheng@adec.org.au">cheng@adec.org.au</a>	2 <sup>nd</sup> Tue of month	Lunch outing. Clients picked up by ADEC bus.
9	Chinese High Needs Support Group	Whittlesea	Joy Ding: <a href="mailto:joy@adec.org.au">joy@adec.org.au</a>	1 <sup>st</sup> Mon of month	Lunch outing. Clients picked up by ADEC bus.
10	Chinese High Needs Group	South	Cheng Zheng: <a href="mailto:cheng@adec.org.au">cheng@adec.org.au</a>	3 <sup>rd</sup> Fri of month	Lunch outing. Clients picked up by ADEC bus.
11	Karen High Needs Group	West	Sarmuwah Kunoo: <a href="mailto:sarmuwah@adec.org.au">sarmuwah@adec.org.au</a>	2 <sup>nd</sup> Fri of month	Lunch outing. Clients picked up by ADEC bus.
12	Turkish High Needs Group	South	Aysun Celepci: <a href="mailto:aysun@adec.org.au">aysun@adec.org.au</a>	2 <sup>nd</sup> Thu of month	Lunch outing. Clients picked up by ADEC bus.
13	Turkish High Needs Group	Whittlesea	Aysun Celepci: <a href="mailto:aysun@adec.org.au">aysun@adec.org.au</a>	4 <sup>th</sup> Thu of month	Lunch outing. Clients picked up by ADEC bus.

**Mental Health/Wellbeing Support Groups**

No	Group Ethnicity	Region	Facilitator	Meetings On	Meeting Venue
1	Afghan Wellbeing Support Group	South	Shaima Shahbaz: <a href="mailto:Shaima@adec.org.au">Shaima@adec.org.au</a>	2 <sup>nd</sup> Tue of month	South East Community Links 186 Foster St, East Dandenong 3175
2	Chinese MH Support Group	South	Joy Ding: <a href="mailto:joy@adec.org.au">joy@adec.org.au</a>	2 <sup>nd</sup> Thu of month	Mt Waverley Youth Centre (City of Monash) 45 Miller Cres, Mt Waverley 3149
3	Chinese MH Support Group	North/West	Joy Ding: <a href="mailto:joy@adec.org.au">joy@adec.org.au</a>	1 <sup>st</sup> Fri of month	ADEC Preston 175 Plenty Rd, Preston, 3072
4	Vietnamese MH Support Group	North/West	Thuy Cai: <a href="mailto:thuy@adec.org.au">thuy@adec.org.au</a>	2 <sup>nd</sup> Wed of month	520 Victoria St, Richmond 3121

**Disability Groups**

No	Group Ethnicity	Region	Facilitator	Meetings On	Meeting Venue
1	Arabic Disability Group	North	Mariane Elgamal: <a href="mailto:mariane@adec.org.au">mariane@adec.org.au</a>	Last Thu of month	ADEC Preston 175 Plenty Rd, Preston 3072

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2	Arabic Disability Group	South2	Mariane Elgamal: <a href="mailto:mariane@adec.org.au">mariane@adec.org.au</a>	1 <sup>st</sup> Tue of month	Lunch outing. Clients picked up by ADEC bus.
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**Exercise Groups**

No	Group Ethnicity	Region	Facilitator	Meetings On	Meeting Venue
1	Afghan Exercise Classes – Ladies	South	Shaima Shahbaz: <a href="mailto:shaima@adec.org.au">shaima@adec.org.au</a>	Every Thu 11 am – 2 pm	Raymond McMahon Leisure Centre 10 Raymond McMahon Boulevard, Endeavour Hills 3808
2	Afghan Exercise Classes – Men	South	Shaima Shahbaz: <a href="mailto:shaima@adec.org.au">shaima@adec.org.au</a>	Every Thu 1 – 3.30 pm	Raymond McMahon Leisure Centre 10 Raymond McMahon Boulevard, Endeavour Hills 3808