

# Capacity Building Projects 2021



ADEC's Capacity Building Team is excited to announce a number of new projects in 2021. These projects will be delivered to members of **culturally and linguistically diverse communities** across Melbourne and some regional areas.

These projects include information and skill based workshops on the following topics: **self-care, healthy lifestyles, NDIS, general first aid, well-being and art.**

If you are aware of a community group who can benefit from participating in one of these projects, please contact us.

**We can come to you!**

The projects are **FREE** for community members. Every participant will receive practical, hands on skills, knowledge and take home materials.

**Registration is compulsory. Certificate of participation** will be provided.



## Self-Care Project

Struggling to take a day for yourself to relax and replenish? Join us to learn self-care and mindfulness strategies.

A series of 6-8 workshops focused on:

- Self-care
- Skin, nail and hair care
- Dental hygiene
- Make-up
- Mindfulness and meditation.



**For more information, please contact Alie on Alie@adec.org.au or 0490 543 270.**

## Healthy Lifestyles

Join our workshops on healthy lifestyle and improve your physical and mental well-being.

A series of 6-8 workshops that aims to improve knowledge of:

- Healthy cooking
- Gardening
- Exercise
- Yoga and meditation
- Factors affecting healthy choices
- Prevention and awareness on lifestyle associated conditions.



**For more information please contact Kamal on kamal@adec.org.au or 0490 934 211.**

## NDIS Education Project

Do you or someone you care for have an NDIS plan?  
Are you from a culturally and linguistically diverse background?

Join our series of 8 workshops that will help improve your knowledge and skills around NDIS.

The workshops will focus on:

- NDIS process and NDIA structure
- NDIS funding categories
- Understanding an NDIS plan
- Allied health professionals
- Service agreements
- Privacy and complaints
- Australia's Welfare system
- Digital literacy



**For more information, please contact  
Sana on [sana@adec.org.au](mailto:sana@adec.org.au) or 0490 059 026.**

## Well-being Project

Do you live in Geelong?

Are you from culturally and linguistically diverse community?  
Do you want to connect with your local community whilst learning new skills and knowledge?

Join our series of 12 well-being workshops focused on:

- Art and Craft
- Yoga and physical activity
- Healthy nutrition
- NDIS and mental health



**For more information, please contact  
Rosie on [rosie@adec.org.au](mailto:rosie@adec.org.au) or 0490 529 781.**

## ArtAbility

ArtAbility is an art program.

Our focus is on uniting, recognising and celebrating a range of talented artists who are living with a disability, experience mental ill health and are from a culturally and linguistically diverse background.

ArtAbility hosts a series of art workshops where participants learn new skills, meet other artists and work on art pieces for an exhibition that is open to the public.

ArtAbility has called Preston home for the last 16 years and we are excited that this year it is expanding to Werribee, Dandenong, Melton and Geelong!

**For more information please contact  
Jacqui on [jacqui@adec.org.au](mailto:jacqui@adec.org.au) or 0490 074 868.**



## Bandage Me

What is Bandage Me?

A series of 6-8 workshops that aims to improve community skills and knowledge about:

- Common household injuries
- Life-threatening medical conditions
- Chronic health conditions
- Responding to medical emergencies
- Role of paramedics.

**For more information please contact  
Gwen on [gwen@adec.org.au](mailto:gwen@adec.org.au) or 0490 058 968.**



Note: The sessions are designed for general information purposes only and are not a part of a formally registered first aid course.