



# REFUGE

Newsletter September 2023



Helping refugees and migrants live, learn, work and enjoy community life in Australia.

- New skills, new hope for brave Zara
- The unique challenge of youth casework
- Join ARA Drive and Empower New Drivers!
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## New skills, new hope for brave Zara

Zara\* fled from a troubled country to settle in Australia with her family but she had struggled to adjust to school and home life.

There was conflict within her family, and her father often beat her. Unfortunately, this isn't a unique situation for ARA's Youth Team to hear. It wasn't long before Zara's case worker, Ali, recognised the signs of abuse before she disclosed the difficulty of her home life.

As the conflict grew in her home, Zara fled again, this time into homelessness.

With family separation, difficulty at school and desperate to find a safe place to live, Zara suffered mentally and physically.

*'She was fragile, lost and confused and had difficulty accessing services,'* says Ali.



Ali hadn't suffered domestic violence like Zara. But as a former refugee, he had real-life experience to empathise with Zara.

'I encouraged her to make appointments with the doctor.' He tailored a personal pathway for Zara to build knowledge and skills to navigate the maze of employment, health, housing, education and citizenship services.

Ali worked to strengthen Zara's capacity to help herself. 'Our approach is to empower young individuals to access support and build a foundation for a successful future.'

The road was long and hard, but Ali says Zara's great strength was determination.

She finished high school and enrolled to go to university. But because there was so much happening in her home, she couldn't continue.

We understand that challenges in one area can often spill over into others, leading to a cycle of difficulties that can seem impossible.

With the help of Ali and the ARA Youth Connect program, Zara was provided the support she needed to navigate through this and find other ways to move forward.

'She did a Certificate in aged care support. Culturally, she wants to help people in her community, so this meant she could give back to older people.'

Zara now has a job in a local aged care home.

*'I help people and enjoy seeing them happy,' she says. 'That makes me happy.'*

**Youth Connect makes a difference.**

**Will you support courageous people like Zara?**

*\*Names have been changed to protect identities*

## The unique challenge of youth casework

Ensuring refugee youth are able to successfully complete their schooling and move on to higher education and meaningful work is crucial to their long-term ability to become socially and economically engaged in Australian society.

Young refugees transitioning to life in Australia face immense challenges, especially when entering an unfamiliar schooling system.

Youth who have spent time in refugee camps will most likely have missed out on schooling and can struggle with English, cultural disconnection, racism, social isolation, and mental health issues due to trauma from escaping war and insecurity in their home country. Once disconnected, they must have the support to avoid falling through the cracks and into depression or anti-social behaviors.

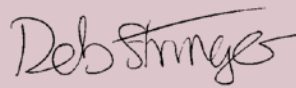
Zara's story is one of many unique stories we see across ARA's Youth program. Our dedicated bi-cultural caseworkers and youth team have walked alongside 550 young people to solve

the multiple challenges facing them, and we continue our support until they have the confidence and skills to move on in their new lives.

When I read Zara's story, I am reminded of how courageous she was to leave family, friends and belongings behind to make a better life. The challenges Zara faces are immense but her resilience is inspiring.

**A donation to ARA can ensure young people like Zara are able to overcome adversity and thrive in their new lives.**

Thank you for all you do.



**Deb Stringer**  
CEO



## Join ARA Drive and Empower New Drivers!

Access to a car and being able to drive is often taken for granted, but a driver's licence for new arrivals can also mean personal independence, safety and the ability to progress in many aspects of life.

For many, the barrier of achieving 75 hours behind the wheel to gain their provisional licence is unachievable without guidance and assistance.

ARA Drive aims to reduce that barrier by providing a vehicle and safe space for learner drivers to gain hours behind the wheel to ultimately get their driver's licence.

### WE NEED YOUR HELP!

We need volunteers to help support this program by giving their time.

ARA provides the car, training and scheduling. All you need is:

- To be over 21 years of age
- Have held a full Australian Drivers licence for minimum two years
- Complete relevant checks and attend program briefing sessions

All volunteers receive comprehensive training before all driving sessions; your role is not to replace a qualified driving instructor. As an ARA driver volunteer, you will supervise driving practice and guide and encourage the learner driver.

*Enquiries can be sent to [volunteer@ausref.net](mailto:volunteer@ausref.net), or you can call our office on (08) 8354 2951.*





## Mariam's hope for the future

During our recent appeal, we shared Mariam and Elias's story, and you gave generously to support them and others in difficult situations. Faced with breast cancer and a cost-of-living crisis Mariam and Elias's situation was becoming increasingly dire.

Regrettably, they are not yet out of danger, although they are in a much better situation than they were previously. Mariam has continued to be treated for breast cancer, and there has been minor improvements in the prognosis, which leaves her and her family hopeful.

Thanks to the generosity shown, Mariam's case worker connected the children to a caseworker at their school and helped them link to financial counselling services and continued supporting them navigate the health services.

They still face a challenging situation and hope to bring Mariam's mother to Australia for extra support, but the migration process is long.

The guidance Mariam and Elias received, thanks to you, has helped them access more support and become familiar with the health system and support services. They can now navigate them independently, giving them faster access when needed.

## Successful Souk Launch

Thank you for making our first-ever Souk Market such a success! What a fun way to celebrate Refugee Week and support the many refugee and migrant businesses calling Adelaide home.

*Throughout the day, we had over 3000 people attend and embrace the sights, smells and sounds creating an electric atmosphere for us all to remember.*

This new and exciting celebration of culture and community brought together over 150 stallholders and represented 16 countries. With cultural performances enjoyed throughout the day, the Souk also provided a terrific opportunity for our BOOST small business participants, a program supporting refugees to start their own business, showcase their products, produce and passion for sharing their culture as they settle into their new lives in Australia.

Your attendance was greatly appreciated and we are planning to bring this premier Refugee Week event back in 2024. Sign up to our mailing list to get announcements and updates on next year's Souk.

*The Souk was made possible by the Department of the Premier and Cabinet – Multicultural Affairs Grant and with support from City of Marion and Renewal SA*

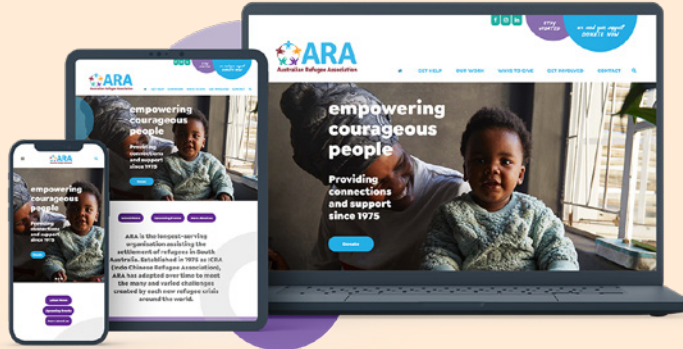


# We have made some changes

We are thrilled to announce ARA has a new website!

Our revamped site is more accessible than ever. Find information, donate or volunteer to show your support.

You can keep up to date with the latest news, events, and announcements.



We now have Monthly Giving and ARA memberships available online.

Visit [australianrefugee.org](http://australianrefugee.org), explore our many programs and services, learn about our history and how we are making a difference to courageous people.

Visit our new website here.



## Your donation today will help support people like Zara

### Yes! I will support courageous people like Zara

#### 1 I would like to give a once-off donation of:

- \$50** Gives food vouchers for essential items
- \$125** Can help ARA Drive offer more hours to learner drivers
- \$500** Can fund additional hours for youth case worker support
- My Choice of \$** \_\_\_\_\_

#### 2 Credit Card Please debit my: VISA mastercard AMERICAN EXPRESS OTHER

Credit card no

Expiry date  /

Name on card:

Signature:

OR  **Cheque or Money Order** Made payable to Australian Refugee Association

I would like my tax receipt emailed (please include your email below)

#### 3 Your details

Name: \_\_\_\_\_ Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Mobile: \_\_\_\_\_ Email: \_\_\_\_\_

#### Monthly Giving

- Yes, I would like to become a monthly giver**  
Please contact me on the phone number/email above

#### Leaving A Gift In Your Will

- Yes, I would like to include the Australian Refugee Association in my Will**  
Please send me an information pack

**Please return to:**  
Australian Refugee Association  
PO Box 72, SALISBURY SA 5108

You can also call us on **08 8354 2951** or donate via **[australianrefugee.org/helpzara](http://australianrefugee.org/helpzara)**

Your donation of \$2 and over to ARA's practical work is tax deductible.

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