

Microsoft Forms

1. Name \*

TURKISH WOMEN'S RECREATIONAL GROUP [REDACTED]

2. Email \*

[REDACTED]

3. Postal address \*

[REDACTED]

4. Phone number

[REDACTED]

5. Are you a carer/family member helping an older Victorian fill in this survey?

President of the Turkish Women's Recreational Group

6. Are you an older Victorian from a culturally diverse background? If yes, what is your age and cultural background?

We are a women's group located in the City of Whittlesea with a membership of close to 200. The ages of the group varies from 30 - 80, however the majority of the members are considered to be in the seniors age bracket.

7. What are some of the everyday challenges for you and your parents/grandparents?

The TWRG represents Turkish women from the City of Whittlesea, its aims are to: Provide support to Turkish women Provide community education to the Turkish women Represent Turkish women's needs in the community To maintain social contact for members and reduce social isolation Promote Turkish culture and preserve their cultural heritage The main challenges faced by the majority of the women from the group is the lack of English. Because of this they mainly attend doctors that speak their language. They find it hard to move within the community without assistance from translators, a member of the family or family friend who speaks English. With the affects of Covid-19 accessing doctors via telephones has proved very difficult for those that require treatment.

8. What makes you feel safe in your community?

What makes women feel safe within the community is knowing that they have family and friends that they can \*rely on to assist them with their needs for instance interpreting \*having someone with them at medical appointments \*knowing that the street they live in is a safe area for them after dark \*knowing that they will be supported in time of need \*also the fact that they have self assurances that family and friends will be there for them

9. Do you have access to adequate healthcare?

As most of our members are seniors most of them rely on Medicare and do not take up additional healthcare insurance. With the impacts of Covid-19 accessing doctors through face to face meetings has been very difficult and with most seniors relying on the human contact this has been very limited. Most members appointments at specialists clinics at hospitals have been cancelled and rescheduled numerous times this means that the wait to see medical practitioners is going to take much longer and treatments will take a lot longer to take place.

10. Do you know where to find support?

Usually members of the group seek support from groups and clubs that speak their language but also from family and friends to support them and steer them in the right direction to seek support.

#### 11. How can services be improved?

Services can be improved by providing more face to face meetings with the assistance of interpreters.

#### 12. Do you have access to, and know how to use a computer? What would help you do this?

Most of our members are literate in their own language however, we do have some women who are illiterate in their language. With this in mind accessing and using the computer proves to be difficult in these circumstances. In the past the TWRG has delivered ESL training and computer training to some of its members, these members are interactive in the use of the computer as well as social media government agencies need to make funding available to organise more ESL and computer training to groups and clubs. Most groups will need more funding to be able to A) deliver language classes in their own language as well as ESL classes for the ones that have some command of English.

#### 13. What do you do to keep socially, physically and mentally active?

With the impacts of Covid-19 over the past 2 years keeping socially active has been very limited this has led to many women being isolated from family and friends. The majority of the members used to attend weekly group meetings that kept them informed and allowed them to participate in activities and outings. Now that the restrictions have been lifted a lot more government funding needs to go into providing grassroots groups/clubs with funds to be able to run programs that assists their members with more physical activities and providing guest speakers to lessen the impacts of mental health and wellbeing to their members.

#### 14. What more could be done to help you live happily?

By reducing social isolation seniors will be living more happily within the community. Women from Culturally diverse backgrounds rely heavily on human contact with their family, children and grandchildren, they rely on social gatherings to assist with their health and overall well being.

15. Is there anything else you would like to add? \*

We believe that providing interpreters to CALD communities is vital to keep them informed about their health and wellbeing and keeping them socially active in the community.