

COVID-19 wreaking havoc on Mental Health.

Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community.

Mental health is fundamental to our collective and individual ability as humans to think, emote, interact with each other, earn a living and enjoy life. On this basis, the promotion, protection and restoration of mental health can be regarded as a vital concern of individuals, communities and societies throughout the world.(W.H.O)

People from countries where mental health is Taboo remain at high risk

Australia's coronavirus crisis has pushed hundreds into isolation and unemployment. Health experts warn that anxiety, depression is on the rise and that mental health could be the country's next crisis.

Shaun (name changed) has spent the last three months intentionally avoiding any

news from the outside world. He doesn't dare scroll through his social media. The 27-year-old lives in Hobart and is suffering from severe clinical depression amid the global coronavirus pandemic.

"My symptoms go up and down all the time ..." Shaun said. "Suddenly I had no clue what to do next. It made me feel trapped. After losing my job there wasn't much to divert my attention and focus towards, which led to more negative emotions."

In March, Tasmania introduced one of the world's toughest shutdown of economy which crashed the whole Hospitality and Tourism economy. The nationwide shutdown disrupted the lives of 22 million people resulting in mass unemployment and high levels of distress among large sections of the population.

Those who didn't experience mental health obstacles prior to the pandemic have also found problems coping. People hailing from countries where Mental health remain a taboo and perceptions around mental health being sign of weakness are worse affected. As they do not know how to deal with the same apart from self-medicating either

through alcohol or cutting down all ties with outside world.

For Shekhar (name changed) who came as international student from India the shutdown meant missing an internship opportunity that would have helped secure him a place in a good Restaurant. The pandemic and subsequent measures made it difficult for Shekhar to deal with his emotions.

"There came a time when I completely lost my appetite. I could not eat for 5-7 days. Neither could I sleep properly," he said.

For Shekhar, fears of contracting the novel coronavirus compounded his mental state.

"This really triggered my paranoia. I started washing my hands about 20 times a day and stopped stepping out altogether," he said, adding that he had accidentally broken her prescription glasses but refused to go out for another pair, terrified he might become infected with the virus. He recounts his feelings of restlessness as he waits for this to come to an end— every announcement of an extension to the shutdown form rest of

where many resources are available for individuals to access. However, not enough is done to educated new arrivals, skills migrants and international students that it's okay to talk about mental health or what constitutes mental health.

After speaking to various new arrivals / international students it seems many are facing issues which could lead to severe mental health issues in coming future.

My suspect is we're going to start seeing the effects of mental health now. The calamity has gone on for long enough and people are running out of steam We all eventually have a boundary to how much resilience we have, and if the trauma is too much and continues for too long, we will run out of our capacity to deal with it.

(Raj Chopra)

Specific ways to promote mental health include(W.H.O):

- early childhood interventions (e.g. providing a stable environment that is sensitive to children's health and nutritional needs, with protection from threats, opportunities for early learning, and interactions that are responsive, emotionally supportive and developmentally stimulating);
- support to children (e.g. life skills programmes, child and youth development programmes);
- socio-economic empowerment of women (e.g. improving access to education and microcredit schemes);
- social support for elderly populations (e.g. befriending initiatives, community and day centres for the aged);
- programmes targeted at vulnerable people, including minorities, indigenous people, migrants and people affected by conflicts and disasters (e.g. psycho-social interventions after disasters);
- mental health promotional activities in schools (e.g. programmes involving supportive ecological changes in schools);
- mental health interventions at work (e.g. stress prevention programmes);
- housing policies (e.g. housing improvement);
- violence prevention programmes (e.g. reducing availability of alcohol and access to arms);
- community development programmes (e.g. integrated rural development);
- poverty reduction and social protection for the poor;
- anti-discrimination laws and campaigns;
- promotion of the rights, opportunities and care of individuals with mental disorders.(W.H.O)

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Australia was accompanied by feelings of hopelessness.

"Before, I would go out for a run, or go to the gym, or meet friends. All that stopped, and I feel caged in as I lost all my income from part time work" he said.

As I spoke with Shekar I recall my own struggle during this time. The loss of my father during the month of April in India brought pain which was expected, however not being able to travel to pay my respect, caused more anguish.

Being raised in environment where people with mental health were treated like outcast, it was difficult for me to share my feelings with close family members. My uncle who lived with us suffered severe mental health issues while I was growing up and he was confined to four walls and treated like a prisoner.

I consider myself very blessed to be able to talk with few people and live in a country



The Multicultural Council of Tasmania represents multicultural community organisations in Tasmania.

We argue for government policies that build social inclusion and good outcomes for Tasmanians with a culturally, linguistically and religiously diverse background.

Individuals and community organisations can join via www.mcot.org.au



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DIVERSE TASSIE

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Changing the Brain

By Tara Bufton

I'm reading an interesting book called 'The Brain That Changes Itself'. The chapter on pain was suggested to me by my psychiatrist. You see, I was experiencing pain down the right side of my body, that seemed to have no cause. The pain has appeared out of nowhere every so often for the last 20 years. Dr Hyde (yes that really is my psychiatrist's name) suggested it may be a phantom pain related to stress.

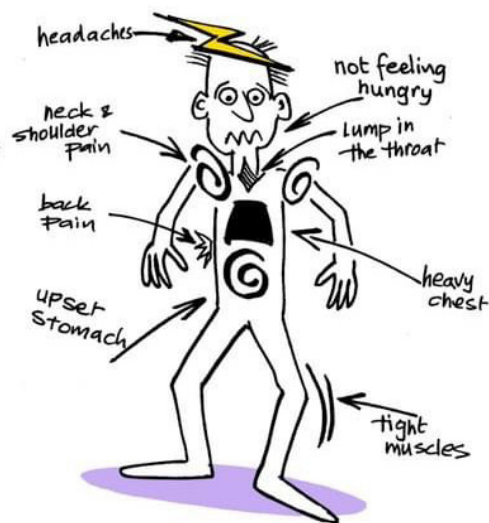
He suggested that I could use the onset of the pain to help me monitor when I need to de-stress. Do some calming activities, like get a massage, meditate, go for a walk with a friend. In fact, I could look at the pain as my amazing body warning me. I could even be thankful for the pain because with an early warning sign of stress I could take action to avoid an episode of mania or depression.

In seeing pain differently, I can train my brain to experience it differently. Our brains are not simply receiving messages from our body that we have pain. They determine whether we feel the pain and to what extent we feel it.

So, by seeing my pain as a tool which warns me to lower my stress levels, I can also experience the pain differently. Three hours after my psychiatrist shared this insight with me, my pain decreased significantly to a ghost of itself.

Our mind is an amazing thing. Our brain's capacity to change, and consequently change our experience of life, opens so many possibilities.

These are the physical signs of stress



<https://bit.ly/WHOSTressManagement>

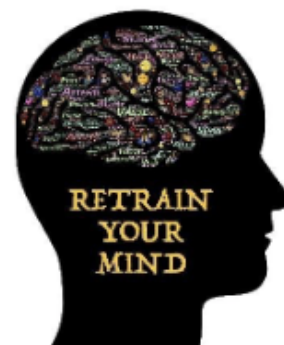


Image by John Hain Pixabay

It sits in the middle of a boulder field and is bordered by tall, proud woodlands. My gorgeous girlfriend and I headed along to soak up a little magic, fresh air and gift of nature late in June.

As has been well documented, we weren't the only reappearing humans to discover the disappearing Tarn that day. As we stomped, slid, scuffled, hopped and leaped our way along the muddy, slimy track – we past multitudes of people. Just like us, but different too. From different cultures, age groups, body sizes. There was the big groups, - who reminded me of the buffalo migrations seen on the grasslands of the Serengeti in Tanzania, migrating towards a more prosperous area; the individuals, - content with their own company, or perhaps separated from a loved one in a land far away. The loved up couples – holding hands and helping one-another over slippery rocks; the parents with babies strapped to their backs, role-modelling how to admire our beautiful island's natural world and yet – not to over love it.

The heavy rains and gushing waters that unearthed the Tarn in June were a welcome relief from the heavy media-storm we've being bombarded

with recently. Although it hasn't all been bad news and yes, - we are seeing somewhat of a collective awakening in terms of addressing racial injustice – the social media; mainstream news sites and media outlets have totally flooded our consciousness.

It has left us zombified. Time for us to explore our beautiful island, get all muddled up. Go and find ourselves a slice of paradise and reconnect with that feeling of peace. Step into the unknown, away from those who are quick to condemn and judge from their high horses.

During my trip to the Tarn, I was reminded that such a natural wonder is not that separate to us. How it reflects back to the world its own true beauty. How we can reflect back to one-another – that which matters most in life. That which brings us together and which we all long for – to be admired and accepted for who we are.

The Tarn drew the crowds out from the suburbs, from the screens, the big mouthed politicians and the manipulative media platforms and into a wondrous magical shimmering offering from paradise.

The pull of the Tarn

By Mike McGuire

The magic and magnetic pull of the disappearing Tarn – Mount Kunyuni's prized jewel – brought on by the luscious rains

After spending much of the first half of the year stuck indoors, having our minds zapped by the mainstream media's intense focus on Covid-19, our hearts tested by hearing of the covid-19 related increased racism; our tempers tested by the panicky toilet paper hoarders and our souls poked at, scrunched up by and swirled around by various greedy, immature and plain idiotic politicians

(the overseas ones mainly) – it is no surprise that Tasmanians have been craving a break from it all. Somewhere to feel at peace. To get a little dirty. Maybe even to lose control and step into the unknown. To experience some mystery and perhaps even to freeze their butts off in the middle of an icy, beautifully reflective pool of pure mountain water.

Mount Kunyuni's Disappearing Tarn provided that opportunity towards the end of June. With its stunning bright aqua colored lake, it only appears after heavy rain or snowfall and as you might guess – it doesn't hang around for long.



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Celebrate similarity to promote diversity

Businesses today invest a lot of time celebrating difference to promote workforce diversity. Have we got it the wrong way round?

Organisations around the world have spent years trying to work out the best way to promote diversity and inclusion. Most agree on the importance of celebrating difference among their employees. But is it possible we've got it wrong?

It sounds counterintuitive, but some experts believe the best way to promote diversity is to celebrate our similarities. Not our differences.

American psychologist Jonathan Haidt, says focusing on what makes us different is counterproductive because humans are wired to be tribal. We surround ourselves with like-minded people and find it tough to trust 'outsiders'.

"To make a human hive," he suggests, "you want to make everyone feel like a family. So don't call attention to racial and ethnic differences; make them less relevant by ramping up similarity and celebrating the group's shared values and common identity."

One of the largest studies of what works in diversity, Why Diversity Programs Fail, backs up Haidt's argument. The US study found 'classic command and control' diversity training tended to backfire, reducing diversity on average across the 829 firms it monitored.

Not everyone, however, is convinced. A lot of people argue you need to celebrate difference to promote change and set

clear expectations for staff around discrimination.

Darren Otten, general manager of employer partnerships at MAX, works with some of the country's biggest employers to support their diversity initiatives. He says businesses should do what works for them.

"Every employer in Australia has a basic legal responsibility under human rights and anti-discrimination law to provide equal opportunity employment. Beyond that though, how you promote diversity in your business is largely up to you."

"We work closely with lots of big employers who all promote inclusion in different ways. Some celebrate difference. Some focus on improving processes. Most do both."

"My personal experience is that employers who have a dedicated D&I champion and set hard targets around recruitment of under-represented groups, tend to see the best results."

"The main challenge we find is that a lot of employers struggle to attract culturally diverse staff using traditional hiring strategies. They often also don't have the resource to help people with different workplace requirements settle-in over their first few months of a new job."

"Many businesses find it easier and more effective to turn to providers like MAX, who can provide end-to-end support to employers and employees through hiring, training and onboarding."

Change processes

So should you stop celebrating difference? Probably not. But you might

want to consider celebrating similarity as part of your D&I engagement with staff. And it is certainly worth looking at your processes to make sure good intentions turn into good outcomes.

Here are our five top tips for simple measures you can adopt to hit your D&I targets:

- Identify where you need to improve. Does your workforce resemble the communities that you operate in? Chances are there will be areas that require work at different levels of the organisation. Address all aspects of diversity, including: race, age, disability, sexuality, gender and language
- Reduce potential for biases to impact recruitment. For example, consider using 'blind CVs'. Removing a candidate's name from a resume means there is less risk of decisions being taken on the basis of gender or race. The use of independent scoring of candidates, rather than trial by consensus, and the use of gender-neutral language in job adverts are other small ways that you can change behaviour and outcomes. Usually with minimal or no effort. For example, 'masculine' words like 'ambitious' and 'dominate' can appeal less to female applicants. One word of warning, blind CVs might not help your organisation if it is actively targeting recruitment of under represented groups
- Increase transparency and accountability in decision making. Introduce diversity and inclusion targets and KPIs. Consider publishing progress so that senior leaders are held accountable for their hiring and promotion decisions, as well as staff

engagement metrics

• Create a culture where everyone feels able to speak up. A few years ago, Dr Margaret Byrne, a consultant in management and diversity, decided to find out how leaders manage conflict in decision making. Her team filmed dozens of workplace meetings, involving hundreds of employees. They uncovered an interesting pattern. Domination by white males, of similar upbringing, who commanded more 'air time' than others when it came to decision-making. Even in diverse teams, meetings with dominant, white, male leaders were distinguished by a lack of dissenting voices. In other words, pushing for a variety of different backgrounds delivers no special benefit (and can even lower the team's performance) if a leader is too dominant. To perform well, good leaders need to make sure their teams are not only diverse, but the culture is genuinely inclusive. One study suggested that good board chairs only spoke for 6% of the meeting. Or roughly four minutes per hour. We all need to be able to flip between speaking and listening

• Get in outside help. If you are struggling to attract or find workers from different backgrounds, seek out support from local community groups, or use connections among your own staff. You can also contact the MAX employer partnership team, who have a wealth of experience supporting businesses to attract, hire and retain people from a wide range of backgrounds.

Source : Max Solutions



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Authorised by Meg Webb, Parliament House, Hobart.

What type of disinfectant can I use to wipe down surfaces to protect against COVID-19?

If a surface is dirty, first wipe it down with regular household soap or detergent and rinse with water. Then use a regular household disinfectant like bleach – its active ingredient (sodium hypochlorite) kills bacteria, fungi and viruses. Always protect your hands when using bleach (e.g. wear rubber gloves). Dilute bleach with water according to directions on the package.



#COVID19
25 Feb 2020

The whistling winds

A multitude of birds sang as the oak trees rustled in the whistling morning winds. Teddy sat on the wooden park bench and watched as the pink crested robins invaded a nearby mulberry tree. Teddy cupped his shivering hands around his favourite mug, a gift from his granddaughter. She moulded it for him in her pottery class.

He liked the tribal-like markings she'd painted on the dark blue mug. She put a unique squiggle on it, depicting a wiry, curvy figure. It appeared to move side to side down like a slithering snake.

"Just like her," he thought, "Bouncing around, always jolly, gracing us with her delightful spirit."

Teddy removed his glasses and ran a tissue around his eyes. He hoisted it up, arms outstretched, as a rare beam of

sunlight commanded the wind to be still – so Teddy could admire the illuminated mug.

A well-dressed man plonked himself on the bench next to Teddy. He, too, had a mug. He sipped the steamy beverage as he observed the chattering birds.

"A gift from my granddaughter," he tells Teddy, eyes still focused straight ahead.

"No way! Me too," Teddy says, lifting up his mug.

They turn and face each other with a smile and clink their mugs together.

"Thank God for granddaughters!" they beam in unison.

As they lean in to clink mugs

again, – a large commotion unfolds in the grey skies above them. The pink crested robins cry out in anguish, as a larger faster bird of prey snatches at them and captures one of their smallest. It wraps its strong fat claws around the tiny robin's body and whisks it away high into the sky, until it disappears from sight. The robin's last piercing shrieks drift down from the sky, and echo out among the tree-tops.

"Brutal isn't it? Nature is so evil," the white man says to Teddy.

"I disagree," Teddy says. "Do I find it scary? Yes, and sad for that little bird. But I don't accuse the bigger bird of being evil, it was only chasing a meal. It swooped out of necessity. It probably has little ones to feed and a partner to keep

safe."

The white man stares at Teddy, mouth wide-open, eye brows raised.

Teddy picks up on the man's judgmental gaze, "Last week, my granddaughter was walking through this very park, and was gunned down by a white policeman. That robin didn't deserve to die but neither did my granddaughter."

"What on earth did your granddaughter do?"

Silence.

Teddy shakes his head and again runs a tissue over his cheeks.

"She was the most loving person you'd ever meet – Mistaken identity. It's what happens when hateful people are handed all the power in the world to do as they please."

The men sit in silence, hands hugging the mugs which rest over their hearts.

Abu's diary

The diary of a free spirited Maltese Shih Tzu. Adopted daughter to a Chinese accounting student and a tall hairy social worker - Looks a little like a spring onion

Eighth diary entry:

Last entry, I salivated over the idea of living with a tiny pig. My parents had the dare to consider adopting one. I love the idea of curling up among my pig-sister's fatty, bacon scented layers of meat.

This month – it seems to be about the lowest home mortgage interest rates. The talk of the town. Even my dorky best pal, bozzo – who lives across the valley from me – has been howling towards my direction for days on end. This month's blustery winds have relentlessly directed his howling my direction. All I hear these days, is

1.999999, a whooooooooo. Lowest interest rates ever, awooo woooo. Tell your owners, awoooooooooo!

Well, I got to tell you. I'm always up for a bargain. As I told Todd, the annoying grumpy cat from next door – the first trick in life is to spot an opportunity. The second part of that trick is to wrap your dirty little paws around that opportunity and indulge your belly as much as possible

I'm not sure if I understand the hype around these interest rates, but I did overhear my parents talking about the savings they'd make if they refinanced their home loan and got their paws around that opportunity. There was no talk about how many extra bones they could afford for me, or how they'd upgrade my current bed, which they got me 8 months ago.

Do they not realize, that my belly has expanded well beyond all expectations, meaning, when it hangs over the edge of my bed - it topples me over every single night. No, that thud that they hear in the early hours of the morning isn't the local possum invading our deck – it's my rock-hard tiny head whacking against the floorboard!

A new pair of shoes, more road-trips around Tassie, more date nights...blah, blah, blah. Maybe I need to lick my parent's faces more often, straight after I do a poo-poo - so as to remind them of who I am. In other news, I love them. They took me on a wonderful muddy adventure the other week after those rains in June. The mud clung to my fluffy body, and I jumped through all kinds of animal poop in the woodlands – wallaby business; possum business...it's like a lucky dip every time we set foot outside. My world of licorice all-sorts!

I am happy out there. Dirty feet, messy hair and wild water on my skin. Out here, with the wild things, is where I belong – Brooke Hampton





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I CAN'T BREATHE BUMPER STICKER – CREATED BY THE PIN

The Pin was created by Lucie Cutting and Nkechinyere Anele in 2015. It is now managed by Lucie with the support of a team of creative and talented volunteers.

The Pin is a discussion platform centred around representing multinational and multicultural people in a diverse range of conversations about race, identity, and culture within the Australian narrative.

The Pin believes that by telling authentic personal stories and honouring an individual's experience we can:

THINK - represent diverse identities and challenge dominant narratives

MEET - deepen the connection and sense of belonging between people of multinational and multicultural backgrounds and the broader Australian community

EXPRESS - inspire greater confidence in people of multinational and multicultural backgrounds

To support the cause of Black Lives Matter Tasmania (Strang Blak Tasmania) Lucie along with few friends and volunteers have created a Strong Blak lutruwita/Tasmania bumper sticker

A high quality bumper sticker which is created to raise funds for Tasmanian Aboriginal led initiatives. Organisations will be selected in consultation with Strong Blak Tasmania.

The Bumper sticker is printed in Southern lutruwita/Tasmania to support local business. You can now order this Bumper sticker at : <http://www.thepin.org/shop/strong-blak-tasmania>



Young people in Tasmania are struggling more than ever to find work

By Sarah Maunder SBS News
This is part of a series of reports on unemployment in Australia.
Finding a job in Tasmania has been difficult for young people in recent years.

Merina Maharjan is originally from Nepal and moved to Hobart in July 2019 because Tasmania's landscape reminded her of home.

"I lived in Sydney for four years and during that time I travelled to different cities on a tour ... Melbourne,

Brisbane, the Gold Coast, and Hobart was the best," the 28-year-old told SBS News.

In Nepal, she studied tourism and worked as a marketing officer, but she wanted more. She moved to Sydney four to study business accounting and administration at the Holmes Institute. When she moved to Hobart she took up an advanced leadership course at the Central Australian College.

She wanted to find work in entry-level accounting, but was only able to get work as a cleaner.

"Since the pandemic started, my shifts have decreased by about 90 per

cent. For the last three months I think I've hardly worked, and if I did not have my partner with me, I would be struggling financially," she said.

"Before the pandemic, there were many jobs online, at least 30 every day that applied to me.

"Every night I used to make a list of available jobs. Then in the morning, I would have breakfast, drive my car and go to all the places that were advertising to introduce myself.

"Then I would come home and apply online. I only managed to get two interviews, but I failed both because I didn't have a long-term visa. Since the pandemic started, I've applied for jobs online and I haven't got a response from anywhere."

Rashik Shrestha is the general manager of Expert Education and Visa Services in Hobart. He provides career counselling and visa assistance to international students. The company also set up a \$200,000 fund supporting international students across Australia.

He said many of his clients struggled to find work in Hobart even before the pandemic.

"The most surprising thing, [many] of the students have a skill on their hand, they're not a new student coming from overseas that are new to this place, they have been in Australia for a couple of years, they have already known the lifestyle of Australia.

"Things are really hard for international students at the moment, most of the students get their tuition fees from home, but even their parents are struggling with the fees, and because they're losing their jobs here, [the students] are struggling with their living expenses."

It's not just international students who are struggling.

Staycee Watkins has been

looking for a job for a year and a half.

"Before [the pandemic] it was tough enough, and now there's no jobs to look for," the 19-year-old said.

Staycee has been looking for jobs in the hospitality industry, although she has no formal training, she attended Montrose Bay High School, and while there she ran the SecondBite program in grades nine and ten, which prepares hundreds of meals every week for the less-fortunate.

To try and get into the workforce, she went to Colony47, a youth centre in Hobart that runs an employment program called Transition to Work, which helps participants find a job.

Staycee joined the program eight months ago and credits it with giving her more confidence. Last week she had a job interview at a hotel pub. She has a trial shift this week that she is excited for.

"I didn't think I would get an interview, especially not in hospitality any time soon, so I think things are going to get better," she said.

In the two to three weeks after restrictions began in Tasmania, the Transition to Work program at Colony47 gained an extra 200 participants who were looking for work after losing their job due to the pandemic.

The growth in that program "has been very significant", Colony47's CEO Danny Sutton said.

Prior to the COVID-19 pandemic, the unemployment rate for young people in Tasmania was 15.9 per cent, according to a March 2019 report by the Brotherhood of St Laurence.

The national rate for youth unemployment at the time was 11.2 per cent.

(Continued on Page 8)

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Subbies: A ray of hope for the international students

In one way or another, the whole world is being significantly affected by the COVID-19 pandemic. While this pandemic has brought social, physical, psychological and economic consequences for a significant portion of the world population, the international students have been uniquely impacted due to substantial job losses, travel bans, self-isolation and transition of on-campus classes to online delivery. The University of Tasmania is the only university in the state where thousands of international students are pursuing their undergraduate, postgraduate and postdoctoral degrees. Many of them have lost their jobs; some have been getting very few shifts which are not enough to maintain their minimum weekly expenses even, including rent and groceries. Due to prompt enactments of border and travel restrictions worldwide, it is not even possible for them to travel to their home countries at this moment for better protection and security. Combating such unforeseeable challenges stranded with no additional financial support in a foreign land is utterly difficult. Here's to the story of how a community, namely Subbies, has been supporting the international students of Hobart, Tasmania with their utmost capability and dedication.

Who are they?

Subbies is a community, which is a home away from home for the South Asian students. Subbies has 5 Fs in its motto which incorporates Food, Fun, Friends, Faith and Festivals. Every semester they welcome the newcomers and orchestrate food and fun events on Tuesdays for the students. Like every year, they were proceeding their regular activities which got interrupted due to the sudden flare-up of COVID-19.

How are they serving the international students?

Subbies have extended their hands of help committing to providing groceries, meals, vouchers, and other toiletries in view of food and daily essentials' emergency. They have started implementing this remarkable initiative from the last week of March with a plan of providing dinner and food vouchers of Woolworths on Tuesday night. Along with the increase of financial support from various sources and notable increment in the number of students coming along within couple of weeks, they have extended their supplies from one day to two days a week with supplementary support packages.

Typically, on Tuesday nights, they are providing groceries, including fresh vegetables, long-life milk, fruits, breakfast cereals, fried noodles/chips,

some non-perishable (canned) items, and chocolates. On Thursday nights, fresh fruits and vegetables are being distributed along with a package of support kit which contains assorted food items, toiletries and other household essentials. Meals from Chillies, a renowned Indian restaurant, are provided on both the days having flexible options for both vegetarians and non-vegetarians. Moreover, they are supplying sanitary kits for women on alternative Thursdays. They are further planning to give out blankets and jackets in the upcoming weeks to prevent anyone freezing in the cold weather.

International students were focused for this initiative initially, however, due to the noteworthy growth in the number of people seeking help over the months, they are happily welcoming other people as well, including families on temporary visas. An army of over 160 volunteers has helped to ensure the goal of serving and helping such a huge number of people, is accomplished successfully.

Subbies is working wholeheartedly to collect donations from different sources for this project. Hitherto Christians from Wellspring church, grants, governments and charities have collectively contributed to support this great endeavor. The online fundraiser platform 'GoFundMe' has raised \$57,000 so far, aiming at a target of \$75,000. If you are interested to make some contribution to support more and more people

In this tribulation, please click the link below and donate-
<https://www.gofundme.com/f/Show-Hope>

They are intending to continue this incredible initiative until the funds run out. Even though the cases of COVID is comparatively stable in Tasmania, students will be confronting several issues for next few months due to the considerable amount of financial losses they have already suffered in the first half of this year. If you are an international student here and looking for help, please feel free to contact Subbies through the provided Facebook link below or simply show up to Wellspring Anglican Church (Sandy Bay) at 7pm on Tuesdays and Thursdays; they are more than happy to assist you to deal with this hardship.

Subbies Facebook link-
<https://www.facebook.com/groups/168079867017001/>



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Right to Information

Overview

The Right to Information Act 2009 (the Act) provides members of the public with the right to obtain information held by public authorities and Ministers.

By doing so, the Act aims to improve democratic government by: increasing the accountability of government; increasing the ability of the public to participated in government decision making processes; and acknowledging that public authorities collect information for and on behalf of members of the public

The Department of Justice is a public authority under the Act.

The Act provides that information will be released through the following methods:

- required disclosure
- routine disclosure
- active disclosure
- assessed disclosure

Required disclosure

Required disclosure is disclosure required by law, including under an enforceable agreement. An example is the requirement to publish an annual report, or a decision made under an enactment.

Routine disclosure

Routine disclosure is the disclosure of information which a public authority decides may be of interest to the public. An example of this might be a discussion paper in relation to a proposal for statutory reform.

Active disclosure

Active disclosure is the disclosure of

information in response to a request made other than by way of an application for assessed disclosure. An example is the provision of information to a citizen in response to a letter.

Assessed disclosure

Assessed disclosure takes place as a result of a formal request through an application to the Department to release information. Assessed disclosure of information should only occur as a last resort as the Act requires the Department to put processes in place to make information freely available to the public through required, routine or active disclosures.

Consequently, the information that might be sought though an application for assessed disclosure may well already be in the public domain. Alternatively, the Department may decide to voluntarily release information for which an application for assessed disclosure has been made, without proceeding to a formal assessment of the information concerned.

All information must be disclosed, unless it is exempt information as defined by the Act. Further information on exemptions is contained in the Ombudsman’s Manual.

Prior to making an application for assessed disclosure

Prior to making an application for assessed disclosure to the Department of Justice, you should check to make sure that application should be made to the Department of Justice and not some other public authority – e.g. applications for information relating to

criminal or traffic matters may need to be made to the Department of Police, Fire and Emergency Management; contact the Department to discuss the information you need and whether information can be released without the need to make an application; and check to see if the information is already publicly available – e.g. it may be published on the Department’s website – or will be available in the near future. More information about material which is publicly available is contained in the Sources of Information section.

Making an application for assessed disclosure—Applications

Department of Justice applications for assessed disclosure should be made on the following form:

Application for Assessed Disclosure of Information (DOCX, 166.3 KB); or Application for Assessed Disclosure of Information (PDF, 155.4 KB) and sent to:

Right to Information Officer
Department of Justice
GPO Box 825
Hobart TAS 7001

Alternatively, applications can be emailed to rti@justice.tas.gov.au

Fees

Applications must be accompanied by the application fee. This fee is 25 fee units, which is \$40.50 as at 1 July 2019 and is indexed annually.

Waiving fees

You can apply to have the fee waived under the following circumstances. proven financial hardship Members of Parliament in connection with their official duty if you can provide proof that the

information will be used for the benefit of the general public

Following receipt of an application Following receipt of an application, you may be contacted to confirm the exact nature of the information being sought;

searches will be undertaken to identify what information relating to the application is held by the Department ; the information will be assessed to see whether it can be disclosed or whether it is subject to any exemptions to disclosure under the Right to Information Act 2009; and

you will be advised of the outcome, normally within 20 days, but this may be extended in the event that the Department has to consult with third parties

In the event that some or all of the information being requested is not released, you will be given written reasons for not disclosing the information to you.

If you disagree with the Department’s decision, you may request the Department to conduct an internal review of the decision. Such a request must be made within 20 working days after notice of the decision is given to you.

If you are still dissatisfied with the Department’s decision, you may request the Ombudsman to conduct an external review of the decision. Such a request must be made within 20 working days after notice of the decision on the internal review is given to you.

Further Information

Further information on the RTI Act is available via the following links:

Right to Information Act 2009
Right to Information Regulations 2010
Ombudsman Tasmania

Resource obtained from (https://www.justice.tas.gov.au/about/right_to_information).

people who were made redundant.

Daniella, 27, is currently studying a Certificate II in construction at TasTAFE. She was attracted to the course because construction work is in high demand in Tasmania.

She is a mother of two young daughters and in the past had worked in retail.

“There doesn’t seem to be many opportunities for work unless you’re in a particular industry,” she said.

Daniella’s course in construction was extended because the pandemic temporarily shutdown the TasTAFE campus, so she’ll now finish studying in August.

When the pandemic started she felt insecure about her future job prospects.

“In the heat of the COVID-19 pandemic, it wasn’t looking good, but I have friends who are in the industry, and they’ve worked throughout the pandemic, so it kind of shows even if there is a pandemic or something going on, that the construction industry is still pretty solid,” she said.

(Continued from Page 6)

Since the onset of the pandemic, an analysis of the Australian Bureau of Statistics’ Labour Force Survey by economist Saul Eslake, showed young people aged between 15 and 24 made up 38.8 per cent of the jobs lost in Tasmania, despite that age group only making up 15 per cent of the state’s population.

The figures are backed up a new report from the National Skills Commission called A Snapshot in Time which analysed Australia’s labour market during the COVID-19 pandemic. It showed Australia’s youth unemployment rate rose from 11.6 per cent in March 2020, to 16.1 per cent in May.

Colony47 CEO Danny Sutton said many young people are being supported by the JobKeeper program, but he’s worried about what will happen once that initiative ends in September and how Colony47 will support those people.

“We’ve had to be very agile in this space,” he said.

“We’ve done some things like build digital platforms, and we’re really focusing on how we use technology better.”

The views and opinions expressed in the

Tania Hunt is the CEO of the Youth Network of Tasmania (YNOT) which is the state’s peak body representing young people.

She agreed that youth unemployment in Tasmania was a big issue even before the pandemic.

“We know that young Tasmanians have been disproportionately impacted by COVID-19,” she said.

“Many young Tasmanians lost their job because they were working in the casual workforce, and they were working in industries that were hardest hit [such as] hospitality, retail, tourism and the arts.”

YNOT has made a submission to Tasmanian Premier Peter Gutwein’s Economic and Social Recovery Advisory Council, and Ms Hunt believes the issue of youth unemployment needs a targeted response from the state government.

Shesaidthereisoftenadisconnect between young people looking for work and employers in growing industries that have jobs available.

“Some of our fastest growing industries in Tasmania include the community services industry, in particular, aged care. We also know

articles are those of authors and do not necessarily reflect the official policy or position of “Diverse Tassie”.

MCOT offers tips and support for grant applications

The Multicultural Council of Tasmania (MCOT) offers support with writing grant applications to its members. In this article MCOT offers tips to write a successful grant application to raise funds so you can support your community group and your activities.

Checklist for grant applications

- ☐ Read the guidelines
- ☐ Check the timeline
- ☐ Check how to apply
- ☐ Strength in numbers

Guidelines

Guidelines for grants often provide information about what the organisation giving the grant is looking for as the result of your activities or events.

The guidelines can also offer insight about what is funded by the grant, for example ‘equipment’ or ‘projects in Tasmania’, and what will not be funded by the grant, for example ‘ongoing operational cost’ or overseas activities’.

If the activities you want to fund do not match the guidelines, consider not applying for the grant but instead find another more suitable grant opportunity, or consider changing your activities to match the guidelines.

There is often a section about ‘Who can apply’, for example ‘not for profit incorporated organisations in Tasmania’. If your community organisation is not incorporated, you can request an incorporated organisation to ‘auspice’ your grant, which means that this ‘auspicing organisation’ handles the financial administration of the grant on your behalf, often for a small administration fee.

MCOT offers this service to its members.

Timeline

Check the timeline for the application and the time frame set for delivery of the activities or purchase of the materials you are applying for funding for.

For example, the application deadline may be before 30 July and the activities may need to take place before 31 December.

How to apply

Funding bodies often use online application forms or programs for which you need to register online. Please do

this ahead of time so you can see exactly what information is needed for your application well before the application deadline.

Often applicants are encouraged to contact a grants officer to discuss their project idea, which can be beneficial to obtain advice on how to write a successful application, ask additional questions and verify whether the information and deadline provided online are correct.

Strength in numbers

Grant applications are stronger when they clearly show that you are applying on behalf of a group of people or organisations, and that your project will benefit many people.

It is also important to research how much things cost by asking for multiple quotes and by asking for advice from professionals. This shows that your project is ‘good value for money’ and that you are achieving maximum ‘bang for buck’.

Where to find information about grants that your community may be eligible for?

Government Grants

The Australian Federal Government has a ‘Commonwealth Grants Hub’ where you can register your interest in receiving alerts via email when grants open up.

Find out more at <https://www.communitygrants.gov.au/>.

The Tasmanian State Government has a Department of Communities that provides grants. In the near future several grants will be opening. Find out more at <https://www.communities.tas.gov.au/csr/Grants> or email csrgrants@communities.tas.gov.au or telephone 1800 204 224.

Several local councils offer community grants as well, for example: City of Hobart:

<https://www.hobartcity.com.au/files/assets/public/community-programs/grants/2020/resilient-hobart-grants-090420-final.pdf>.

The next round of these community grants will open on 15 July and close in August

Launceston City Council:
<https://www.launceston.tas.gov.au/Community/Grants/Community-Grants>

The next grant round is open now and will close on 31 August.

Examples of organisations and other funds that provide grants include

Australia Post, RACT and several super funds.

In Tasmania we also have the Tasmanian Community Fund (TCF) that provides grants for Tasmanian not for profit organisations state-wide.

The next TCF grant round is opening on 11 July. Small applications will be closing on 26 August, medium applications will be closing on 30 September, and large applications will be closing on 12 August 2020.

The TCF will be seeking applications across three streams:

- **Support** – supporting and meeting the needs of vulnerable people to ensure they are not left behind as a result of Covid19
- **Connection** – creating spaces and programs/processes to enable individuals and communities to reconnect and rebuild the social fabric of communities
- **Rebuild** – providing individual and organisational capacity building including options for realigning work and directions for the “new normal” and beyond

For more information see: http://www.tascomfund.org/about_our_grants/apply_for_a_grant

MCOT provides grants up to \$1,000 to multicultural community organisations.

More information via:
<https://mcot.org.au/resources/multicultural-community-organisation-grants/>

If you are interested in applying for a grant and would like support with your application, please contact Multicultural Community Development Manager Nico van Leeuwen via nico.vanleeuwen@mcot.org.au or 0436 360 818

www.mcot.org.au
www.facebook.com/MulticulturalCouncilTasmania



MRC Tas Aged Care Services

Migrant Resource Centre Tasmania (MRC Tas) provides a range of Aged Care Services to anyone aged 65 and over, as well as HACC services for those under 65 with certain health conditions. We specialise in supporting culturally and linguistically diverse (CALD) older people who want to remain living at home as long as possible. We encourage independence and focus on mental and physical health, social connections, community involvement and physical activity.

Navigator Program: Older Tasmanians from CALD backgrounds, their family and carers can access free assistance to register and understand the MyAgedCare government portal.

PICAC Program: MRC Tas provides cultural education and support to aged care service providers through the Partners in Culturally Appropriate Care (PICAC) program.

For more information, email agedcare@mrctas.org.au or phone (03) 6221 0999.



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The mental health impact of COVID-19

An opinion piece by the Australian Government's Deputy Chief Medical Officer for Mental Health, Dr Ruth Vine.

As we continue to work our way through the COVID-19 pandemic, there has been considerable discussion in the media about the impact the virus is having on our mental health – and may have on our suicide rates.

For some Australians, the restrictions governments have rightly put in place to combat COVID-19 have been a catalyst for relationships to be strengthened and reaffirmed, including developing new ways to work together. We have seen the renewal and importance of reaching out and being socially connected even while physically separated.

However, for many of us, while physical distancing is helping to prevent people from contracting the coronavirus, it has also created other problems, including isolation, loneliness and anxiety.

For those who have lost a job or are worried their business may go under because of the economic downturn, the impact on family and career is significant, and the uncertainty hard to deal with.

But it is important to recognise the measures put in place to try to reduce the negative effects. These have included significant initiatives to support employment and maintain financial security.

However, although addressing economic and financial stressors is imperative, there is also a significant role for the health system in providing care and support to

assist recovery.

The Australian Government has made significant investments in mental health and suicide prevention prior to the COVID-19 pandemic, and has continued to do so as part of Australia's evolving response, with an estimated additional \$500 million having been channelled into mental health services so far this year. As the responsibility for the mental health system is shared across all Australian governments, the states and territories have likewise made significant contributions. This has led to several positive developments for those needing support, most notably, that clinical services have developed greater capacity to use telehealth and to reach out to those difficult to engage, and that assertive aftercare has been bolstered.

The actions of the Commonwealth, states and territories are being coordinated and consolidated by a National Mental Health and Wellbeing Pandemic Response Plan that was adopted by the National Cabinet earlier this month.

This plan recognises the central importance of improving the way we monitor the mental health impacts of the coronavirus pandemic.

This is being achieved largely by building on the Australian Institute of Health and Welfare's National Self-Harm and Suicide Monitoring System – ensuring that, through the collective cooperation of states and territories, we have unprecedented access to information in real time to guide the scale, timeliness and geographical distribution of our responses.

In my role as the Australian Government's Deputy Chief Medical Officer (Mental Health), I will be working closely with the National Suicide Prevention Adviser to the Prime Minister, Ms Christine Morgan, and her colleagues at the National Mental Health Commission to support implementation of the pandemic mental health plan. In particular, I want to focus on improving how services are connected and on making the mental health system easier to navigate.

If we can do this, we will ensure that every Australian can reach the care best suited to their needs, and that their journey to health is seamless and straightforward. This will protect lives, now and in the future.

Tasmanian border restrictions update

Published 10 July 2020

The Tasmanian Government has announced Tasmanian borders will not reopen on 24 July based on public health advice. The situation will be reviewed daily and an update will be provided on 24 July. Border restrictions to remain in place until at least 31 July.



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Back Stretches

Stretch 1

1. Lie on your stomach.
2. Prop yourself up on your elbows extending your back.
3. Start straightening your elbows, further extending your back.
4. Continue straightening your elbows until a gentle stretch is felt.
5. Hold for 15 seconds.
6. Return to the starting position.
7. Repeat 5 to 10 more times.

Stretch 2

1. Get down on the floor on your hands and knees.
2. Push your back up towards the ceiling (like a cat arching its back).
3. Continue arching until you feel a gentle stretch in your back.
4. Hold for 15 seconds.
5. Return to the starting position.
6. Repeat 5 to 10 more times

Stretch 3

1. Lie on your back with knees bent and feet flat on the floor.
2. Exhale and press the small of your back against the floor.
3. Hold for 15 seconds.
4. Return to the starting position.
5. Repeat 5 to 10 more times.

Stretch 4 (Knee to Chest)

1. Lie on your back with knees bent and your feet flat on the floor.
2. Place your hands on the back of your thighs and pull your legs toward your chest.
3. Pull until a gentle stretch is felt.
4. Hold for 15 seconds.
5. Return to the starting position.
6. Repeat 9 more times.

Stretch 5 (Knee-drops)

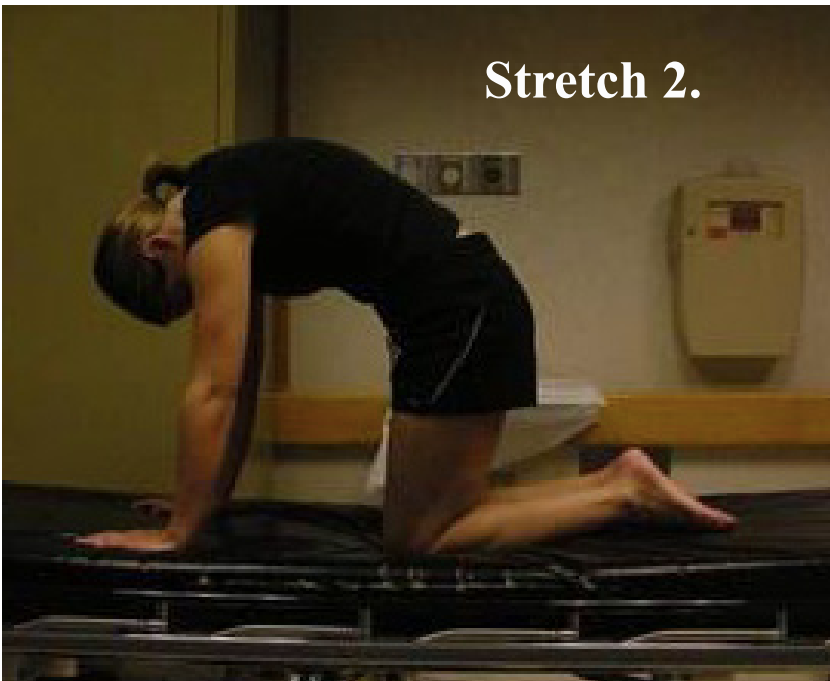
1. Lie on your back with your knees bent and feet flat on the floor.
2. Keeping your back flat on the floor, rotate your hips to the left, lowering your legs down to the floor until a gentle stretch is felt.
3. Hold for 15 seconds.
4. Return to the starting position.
5. Repeat 9 more times.
6. Keeping your back flat on the floor, this time rotate your hips to the right, lowering your legs down to the floor until a gentle stretch is felt.
7. Hold for 15 seconds.
8. Return to the starting position.
9. Repeat 9 more times

Stretch 6 (Bridging)

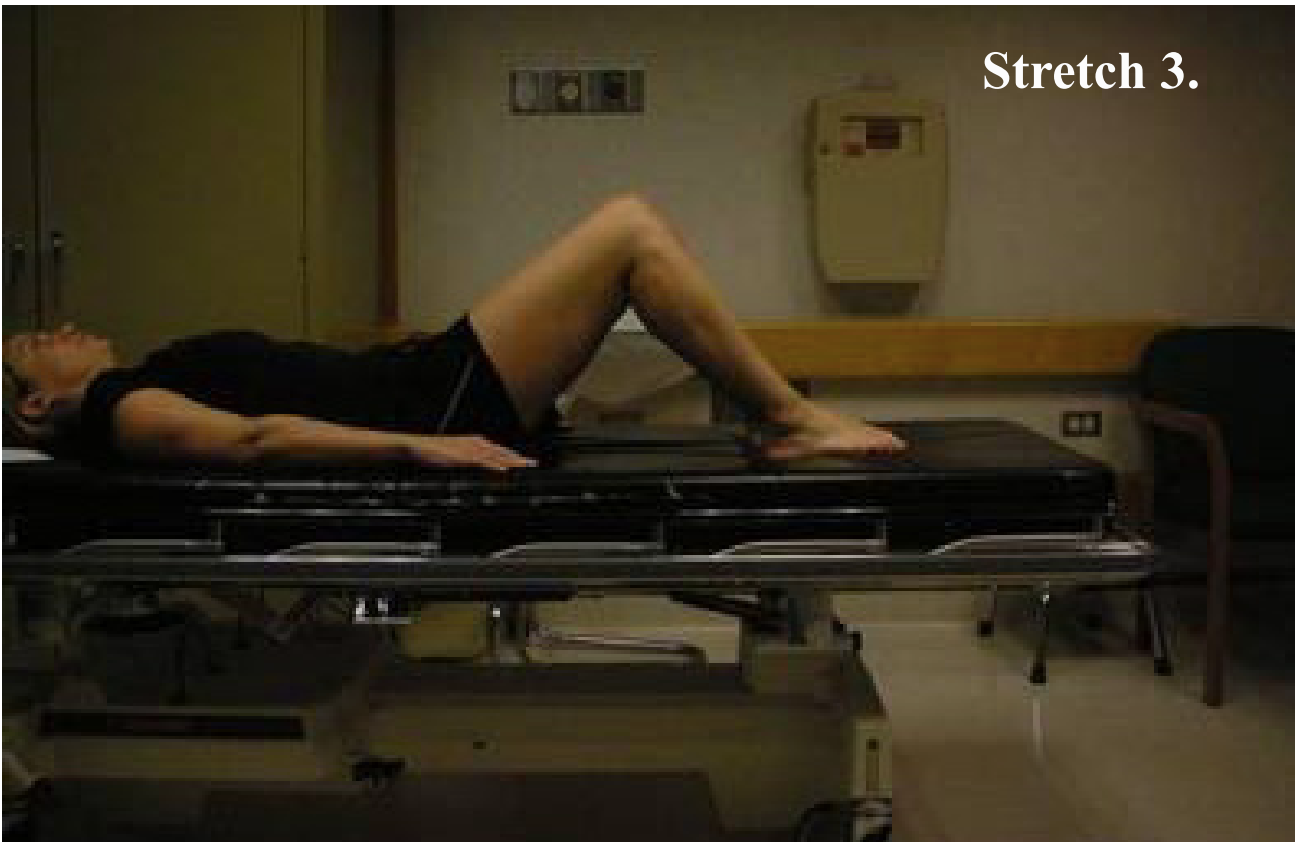
Lie on your back, tuck your belly button, lift your bum up and hold for 10 seconds. Repeat it for 6.



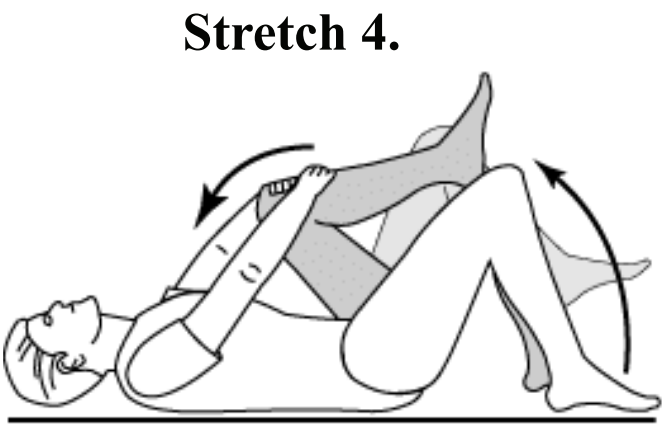
Stretch 1.



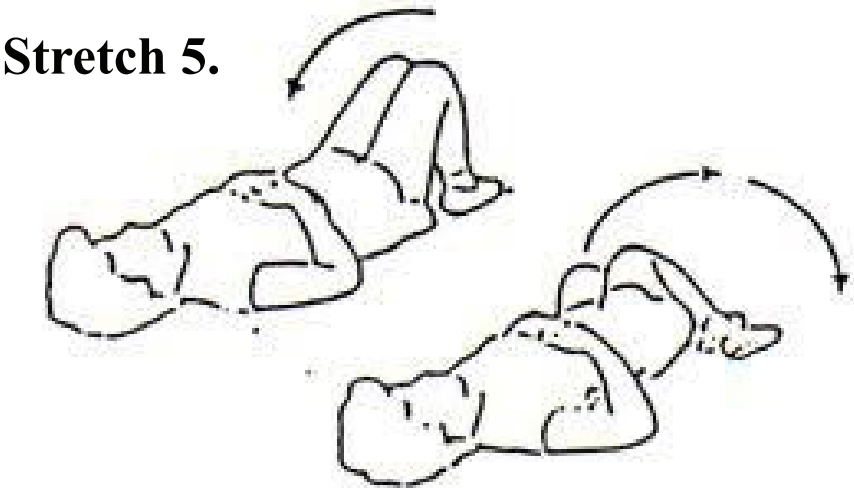
Stretch 2.



Stretch 3.



Stretch 4.



Stretch 5.



Stretch 6.



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RECIPE South Indian Lamb Shank Soup - Perfect for this Tassie weather

Ingredients:

Lamb Shank Pieces : 300 gm
Fennel Seeds : 1/2 tsp
Cumin Seeds : 1/2 tsp
Onion : 2 medium, (finely chopped)
Tomato : 1 small (finely chopped)
Red Chilli Powder : 1/4 tsp
Turmeric Powder : 1/4 tsp
Black Pepper Powder : 1/2 tsp
Garam masala Powder : 1/2 tsp
Ginger-Garlic Paste : 1 tsp
Coconut Oil : 3 tbsp
Salt for taste

Cooking Instructions:

1. Heat coconut oil in a pan, add fennel seeds, cumin seeds, chopped onion, chopped tomato and sauté well.
2. Add all spices powders ginger- garlic paste, salt and sauté for 3-5 mins. Add 1 cup of water and stir for 3 mins and transfer this into a slow cooker.
3. Add the Lamb Shank pieces and add 3 cups of water, and cook for 10 - 12 hours in a slow cooker.
4. Add salt to taste and add thickened cream if you like thick and creamy soup. Also add chopped Coriander & Parsley leaves as garnish.
5. Transfer to serving bowls...Serve hot & enjoy!



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Small Business

Hardship Grant update:

State of Emergency

Declaration extended:

Sarah Courtney, Minister for Small Business, Hospitality and Events

The Tasmanian Government has delivered the largest economic and social rescue package in the country, proportionate to Gross State Product, including more than \$60 million towards our small business support grant programs, which has provided over 18,200 grants to Tasmanian small businesses across the state.

This is in addition to many initiatives supporting Tasmanian businesses and jobs, including the interest free loan scheme, waiver and freeze of government and utility fees, as well as funding towards peak business and industry bodies such as the TCCI and Regional Chambers of Commerce, the Tasmanian Small Business Council and the Tasmanian Hospitality Association to deliver more support to businesses across the state with assistance and advice. We are equally focused on recovery and rebooting our economy. This is why we are working hard to deliver our record \$3.1 billion construction blitz over two years, to stimulate investment in the private sector, grow business confidence and create around 15,000 jobs.

Right to Information documents released today confirm the Government has supported a wide range of sectors through our small business hardship grant program, with a total of 2870 businesses across Tasmania receiving support. Of note is that a greater number of grants were received by businesses in areas most heavily impacted by the pandemic and trade restrictions, including our hospitality and tourism sectors.

Importantly, 72 per cent of applicants were successful in receiving a hardship grant, with a total of over \$26 million provided across the state through the Small Business Hardship Grant program.

In order to support as many eligible businesses as possible, an additional \$20 million was allocated across the small business support grant programs. This was administered by the Department of State Growth, which worked to apply a fair and consistent approach, with the objective of distributing the available funding to support as many businesses as possible across Tasmania, including those that otherwise would not have been competitive in receiving funding under the hardship grant program.

The Tasmanian Government acknowledges there was high demand from the Tasmanian business community in response to the grant programs.

The Department of State Growth continues to review individual

applications of businesses seeking a review or feedback from Business Tasmania in relation to their Small Business Hardship grant application. As at 8 July 2020, the Department has received 150 applications and 25 recipients have received additional funding as a result of the review. The Department will continue to directly notify applicants of the outcome of their review.

Anyone seeking a review or wishing to discuss the outcome of their review is encouraged to contact Business Tasmania.

Businesses who need additional information on other support available, including information and access to free business advice through the Enterprise Centres Tasmania and digital coaching through the Digital Ready Program, are encouraged to contact Business Tasmania on 1800 440 026 or via www.business.tas.gov.au.

9 July 2020

Peter Gutwein, Premier

The health, safety and wellbeing of Tasmanians remains our number one priority as we continue to face the challenges of coronavirus.

Today we have extended Tasmania’s State of Emergency until 31 August.

This aligns with the Public Health Emergency Declaration, which has already been put in place until 31 August.

The directions issued under the Public Health Act have worked effectively to reduce transmission of COVID-19 in Tasmania, and have complemented directions made by the State Controller to exercise emergency powers, as well as special emergency powers, during this state of emergency.

In light of the escalating situation in Victoria and the need to have appropriate response protocols in place in Tasmania,

it is appropriate we extend emergency powers.

I would like to take the opportunity to thank the outstanding efforts of our State Controller Darren Hine and Director of Public Health Dr Mark Veitch and their teams who have worked tirelessly to support Tasmania’s response to COVID-19.

I want to reassure Tasmanians that we are doing everything we can to protect our state against a second wave which is why we announced strict restrictions against Victorians entering our state and stronger quarantine measures for returning Tasmanian travellers from Victoria.

Tomorrow, following National Cabinet, I will confirm our position on our borders, and while we have ruled out opening our borders with Victoria, we are exploring options of safe transit to other states, and the appropriate time to enable this to happen.



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Hobart respects all



As a Welcoming City, the City of Hobart is committed to promoting respect, kindness and compassion.

hobartcity.com.au/RespectAll

Your contribution matters.

As a bystander, you can send a clear message that racist behaviour is not okay. Depending on the situation, there are lots of ways to help.

Be there

Speak to, sit or stand next to the person being harassed to show you support them. You do not have to respond directly to the perpetrator, if that feels safer.

Call it out

If you feel it won't endanger you, tell the person who is being racist that they're out of line. Sometimes they'll back off. Or perhaps they'll reflect on what you've said later.

Use your power

If you take action, others may too. You'll never know how much your intervention could mean to someone who's being harassed.

Report it

You can report racism or discrimination, wherever it happens, to Equal Opportunity Tasmania via their website. If you're travelling on public transport, call on the driver to assist.

If the situation feels threatening, call for police assistance on 131444. In life threatening or emergency situations call 000.

If you wish to remain anonymous you can alternatively call Crime Stoppers Tasmania on 1800 333 000 in non-emergency situations.

 **City of HOBART**

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