



NSW Multicultural Seniors Association

Annual Report 2012

ANNUAL REPORT 2012

12/20/2012

Office Copy

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COMMITTEE PROFILES



PRESIDENT: Mrs (Aga) Yin Lan Ge J.P



SECRETARY: Mrs (Nadjia) Yu Mei Xiao



ACCOUNTS: Mrs Toya Cong



GENERAL AFFAIRS AND DUTIES:
Mrs (Shura) Shu Qin Xiao



TRANSPORT AND ORGANISATION:
Mrs Tamara Gaintsev



LOGISTICS/ ADMINISTRATOR:
Mrs (Lily) Xu Zhen Dai



CULTURE & ARTS MANAGER :
Mrs (Mojia) Yu Zhen Liu

Dear Members & Friends,

The South West Sydney Chinese Seniors Group was Established in May of 2003, and was incorporated on the 29th of May, 2012 and was renamed **NSW Multicultural Seniors Association Inc.**

We wanted to create a place with activities and support services that would cater to the specific needs of seniors in the South West Sydney region. Our mission is to help seniors of multicultural descent to improve and maintain a healthy and independent lifestyle and to maximize their quality of life.

We are conscious of the changing needs and requirements in our area and are committed to growing and adapting our Organization to meet the emerging needs of our senior citizens.

Our program objectives include ensuring that a minimum of weekly Thursday meetings be maintained which include lunch, a variety of social activities, and a once a month day trip to decrease social isolation and promote physical activity for a healthier lifestyle of the elderly.

We are also committed to phasing in *extra* activities and opportunities our Association's may provide in the future. I believe that these programs planned for the future will greatly benefit the elderly of our community and our goal to ensure that the seniors in our community have ease of access to social inclusion and choice of activity will also continue to benefit their physical and mental state tremendously.

With the increasing elderly population, we believe that there will be an escalating need for services that Organization's such as ourselves can provide.

Since our Incorporation on the 29th of May, 2012, we have doubled in membership to 40 plus and I anticipate this to only increase with the current trend in population demographics.

This year the NSW MSA has seen much change; these changes not only have immensely improved the services and programs we offer but have raised our public profile with the business

On behalf of the NSW MSA I wish to express my sincerest gratitude to all those who have supported and assisted our Organization to become what it is today! Thank you very much for your generous time, advice and/ or donations!!



Yin Lan Ge

President of the NSW Multicultural Seniors Association.

Major Achievements

Activities	What activity did or resulted in	What we accomplished as an Organisation	Qty /Hrs
Weekly meeting on Thursdays	Decrease social isolation, Promote healthy lifestyle by encouraging physical activity such as dancing, Education in English by having English tuition Encourage community involvement	Support & assist Seniors who are vulnerable due to age, disability and or from multicultural backgrounds Support assist those who are socially isolated Encouraged community involvement as a group	40 meetings to date 120Hrs
Day trip- once a month	Excursions by hire bus & driver to various location within the NSW region	Promote positive & educational awareness about Australian life & culture (including art gallery)	7 trips to date Total 56Hrs
Monthly celebration of a nominated member's birthday	Celebrations include cake, singing & dancing	Promotes involvement and creates environment where love/care & respect are celebrated on birthday	7 celebrations for 21 members to date
Attend monthly "Seniors Network Meeting"	Held at Fairfield City Council A representative will attend these speeches/seminars & or meeting regarding issues regarding Seniors	Further education and increased knowledge on how better to assist our members. Increased exposure to other Organisations & how they can help us	8 meetings to date Total 16Hrs
Attend Leadership Training	Held by SLASA A representative attends these training classes	Training has increased & improved leadership skills of Committee members	6 times to date Total 30Hrs
Home/Hospital visits	Attend home or hospital of sick or convalescing members	Provide cheer & support to member in time of need Decrease stress & depression during illness	8 visits of 8 members also attended 1 funeral Total 22Hrs
Lunch menu introduction	Established a rotational lunch menu selection every Thursday at meeting	Eliminated the stress of providing own lunch Introduced new diet & nutrition	40 as per meetings above
Access to Community Centre storage	Applied & gained permission to use cupboard of Community Centre	Eliminated need to take own kettle and tea making facilities to & from meetings	N/A

Obtained photo ID for several members	Assisted & advised for application of photo ID from RTA	This provided a necessary & important identification document for these members who otherwise didn't have a driver's licence or adequate form of photo ID	N/A
Received donations	Actively sought & collected donations from members, friends & other organisations	Increased financial stability of our Organisation Increased funds =more opportunities for more classes/activities etc....more involvement within the community	N/A
Applied for Community Inclusions Grant	Prepared & submitted Grant Application	Increased our exposure as an organisation provided positive future for ongoing projects & activities	N/A
9 th Anniversary of establishment - <i>(formerly known as South West Sydney Chinese Group)</i>	Planned & executed including invitations & entertainment	Increased exposure & promoted our Organisation as a stable & established Association	N/A
Total Hours			244Hrs

ASSET REGISTER

Date	Asset	Value	Condition	Stored Location
15/6/12	Laptop	\$600.00	New	President
9/8/12	Food Trolley	\$57.00	New	Accounts
4/9/12	Portable Power Speaker	\$298.00	New	Logistics Administrator
4/10/12	Food Storage Container x 3	\$29.95	New	Accounts
5/10/12	Radio (Donated)	Unknown	Old	Logistics Administrator