

Let's back Anoulack

A community newsletter from Anoulack Chanthivong MP, Member for Macquarie Fields – June 2019



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MENTAL HEALTH MATTERS



With Beautiful Minds' Cheryl Paradella (centre) and other forum partners.



Dr Aliza Werner-Seidler from Black Dog Institute.

A FREE COMMUNITY FORUM ON DEPRESSION WILL BE HELD IN JULY IN DIRECT RESPONSE TO A GENUINE COMMUNITY NEED FOR INFORMATION ON THIS IMPORTANT PUBLIC HEALTH ISSUE.

The forum will feature Dr Aliza Werner-Seidler from Black Dog Institute and speakers from **headspace** Campbelltown and South Western Sydney Primary Health Network. A range of local health service providers will also be present at the forum.

I look forward to hosting the forum in partnership with Cheryl Paradella of Beautiful Minds, a sub-committee of One Door Mental Health.

Everyone is encouraged to attend the forum, to be held at the Greg Percival Community Centre in Ingleburn on Wednesday 3 July, from 6.30pm to 8.30pm.

Depression results from a complex interaction of social, psychological and biological factors, and can affect anyone – from young people to seniors. It can cause the affected person to suffer greatly and function poorly at work, at school and in the family.

Signs and symptoms of depression include depressed mood, loss of interest or pleasure in previously enjoyable activities, decreased energy, feelings of guilt or low self-worth, disturbed sleep and/or appetite, poor concentration and thoughts of suicide. Moreover, depression often comes with symptoms of anxiety.

Depression is treatable with psychological therapies or antidepressant medication, or a combination of these. In severe cases, biological treatments like electroconvulsive therapies can also

COMMUNITY HEALTH FORUM

LET'S TALK DEPRESSION
Living with the Black Dog

WHEN:
Wednesday 3 July
6.30pm to 8.30pm
(Refreshments from 6pm)

WHERE:
Greg Percival Community Centre
Ingleburn

FREE EVENT
Bookings essential.

Register your interest at
macquariefields@parliament.nsw.gov.au
phone **9618 2077**
or visit letsbackanoulack.com

be effective. A range of self-care strategies such as exercise, a healthy diet, relaxation techniques, good sleep hygiene and positive social connections have proven to assist people with depression.

My latest forum is an opportunity to continue the conversation about mental health and raise awareness of the support services available. I look forward to hosting this important information evening for our community.

Lifeline 13 11 14

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THANK YOU **MACQUARIE FIELDS**

WELCOME TO MY FIRST COMMUNITY NEWSLETTER IN MY SECOND TERM AS MEMBER FOR MACQUARIE FIELDS.

I am humbled and grateful to be given the privilege to serve my electorate for another four years. I would like to thank everyone who has helped me achieve this fantastic result. To my band of fabulous volunteers, supporters and staff, thank you for your hard work and commitment. Your efforts mean a lot to me. I look forward to continuing the fight for our community's fair share each and every day on behalf of everyone in the Macquarie Fields electorate.

You can contact me regarding State Government issues by phoning 9618 2077, emailing macquariefields@parliament.nsw.gov.au or visiting letsbackanoulack.com



GRANT DELIVERS NEW SEATS

Congratulations to Eagle Vale St Andrews JRLFC on its successful \$20,000 Local Sport Grant for the installation of new tiered seating at the Eschol Park Sports Complex. The new seating is a welcome addition to this fabulous local sports facility.

TO SIGN-UP FOR INFORMATION ON STATE GOVERNMENT GRANTS, VISIT letsbackanoulack.com

DEVELOPMENT PLANS REMAIN A SECRET

**COMING TO GLENFIELD? THE LIBERAL GOVERNMENT
MUST UNVEIL ITS HIGH-RISE PLANS NOW**

It is unacceptable the Liberal Government has failed to release its development plans for Glenfield – despite previous assurances the plans would be available for public consultation in early 2018.

The Liberal Government has already admitted it will sell the invaluable educational farm at Hurlstone Agricultural High School to greedy developers.

It's time our community has its say on this outrageous plan.

We need to know exactly how many rooftops will replace the green open space at Hurlstone and the proposed heights of high-rise flats in Glenfield.

Sign my petition at letsbackanoulack.com

STOP THE GAMES AND FUND THE LIFTS

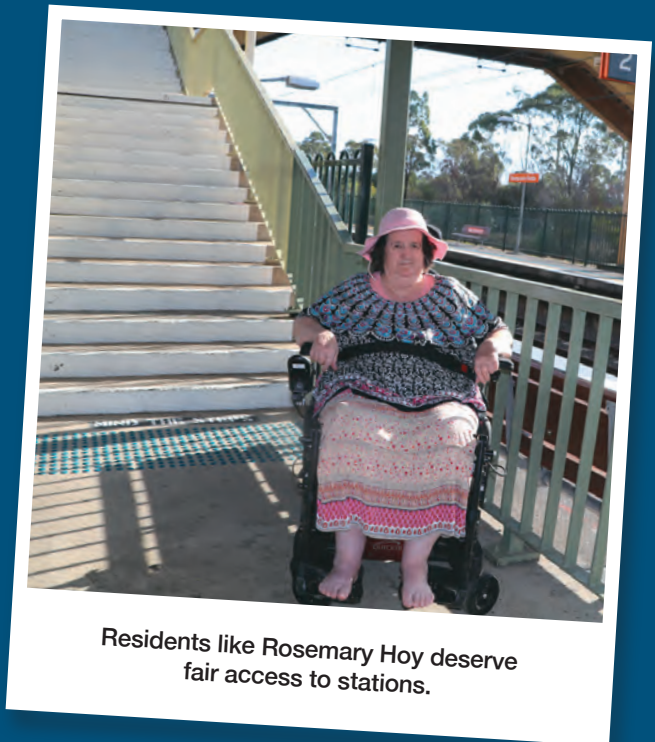
I AM APPALLED BY THE LIBERAL GOVERNMENT'S TRACK RECORD OF BLATANT POLITICISATION OF STATION UPGRADES.

The NSW Auditor-General's recent report clearly shows Macquarie Fields Station is ranked before both Como and Clarendon in terms of need and patronage.

Yet the Liberal Government again failed to prioritise much-needed lifts at Macquarie Fields Station, demonstrating bias towards stations in marginal seats ahead of the State Election.

The Minister has ignored his own department's transport data and played favourites – it is wrong and shows his total contempt for our local community.

I have written to the Minister urging him to stop the games and commit to funding the upgrade of Macquarie Fields Station.



Residents like Rosemary Hoy deserve fair access to stations.

READ MY LETTER TO THE PREMIER AND SIGN MY PETITION AT letsbackanoulack.com

MAKE A DECISION ON THE SCENIC HILLS!



I will never stop fighting for the Scenic Hills. With Penny Sharpe MLC, Jacqui Kirkby and Peter Gibbs at Varroville Homestead.

THE LIBERAL GOVERNMENT HAS NO OPTION BUT TO HERITAGE LIST LAND SURROUNDING VARROVILLE HOMESTEAD IN THE SCENIC HILLS.

An impartial report by the Independent Planning Commission has backed the Heritage Council's recommendation to list an extension of the land surrounding Varroville Homestead on the State Heritage Register.

I recently spoke at a public meeting into the atrocious development application to build a 136,000-plot cemetery that would destroy the Scenic Hills.

I implored the Commission: do not make a decision on the development application until the Government decides whether or not to support the heritage listing of the Varroville curtilage.

The Scenic Hills not only provides a unique and beautiful backdrop our city – it has major heritage significance and provides valuable open space for our growing and vibrant community.

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Chat with Anoulack...

With MAL FRUEAN AND SELIMA BEGUM

PROMINENT COMMUNITY LEADERS, MAL FRUEAN AND SELIMA BEGUM, BELIEVE IN COMMUNITY SERVICE AND CONTINUE TO MAKE VALUABLE CONTRIBUTIONS TO OUR LOCAL AREA IN THEIR ROLES AS OUTSTANDING COMMUNITY REPRESENTATIVES.

TELL ME ABOUT YOUR INVOLVEMENT IN OUR LOCAL AREA

Mal: I've been a community worker for many years. I'm Coordinator of the South West Multicultural and Community Centre in Minto and Chair of the NSW Council for Pacific Communities in a volunteer capacity. I've also worked as a TAFE outreach teacher and I'm actively involved with the local Pacific community.

Selima: I run an organisation called Kishore Shangho, which provides an opportunity for our younger generation to learn Bangla music, dance and recitation.



Selima Begum (left) and Mal Fruean in Minto.

FAMILY AND COMMUNITY ARE IMPORTANT TO BOTH OF YOU.

Mal: I have five children and six grandchildren, with another grandchild on its way! Some of my children attended Sarah Redfern Public and High School. I love the sense of community in Minto. Everything is close by and our community is a wonderful melting pot of cultures who look out for each other.

Selima: I have two sons at high school, and they love cricket. I work as a registered nurse at Liverpool Hospital and life is busy, but I encourage other women to get involved and be active in their community. It's important to be proud of who you are and stand up for what you believe in at all times.

WHO INSPIRES YOU?

Mal: My community service journey began after meeting Aunty Mollie Thomas, who is my mentor and my inspiration. Aunty Mollie is also a dear and loyal friend who continues to inspire me.

Selima: It was Laurie Ferguson, now retired from politics, who first inspired me to become actively involved in my community. He encouraged me to promote Bangladeshi community festivals and provide opportunities to showcase the rich cultural traditions of Bangladesh through traditional fashion, music, dance and language.

WHAT COMMUNITY PROJECTS ARE YOU PARTICULARLY PROUD OF?

Mal: I'm grateful for Anoulack's advocacy and involvement in

PHEAST – Pacific Healthier Eating Active Stronger Together. The project, launched in 2017, aims to empower members of the Pacific community to improve their long-term health through good nutrition and exercise.

Selima: As the founder and General Secretary of Sydney Bangalee Community Inc, I'm proud to promote Bangla language and culture in our community. The Bangla Language School in Minto provides an opportunity for children to learn the Bangla language. Language is important to Bangladeshi people. It was the struggles and sacrifices made to preserve the Bangla language that led to the creation of International Mother Language Day, which is celebrated throughout the world.

CONTACT ANOULACK

If you have any ideas, comments or suggestions, or wish to discuss State Government matters, please drop into the office or contact me on **9618 2077**, email macquariefields@parliament.nsw.gov.au or visit letsbackanoulack.com

