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# ASIAN AUSTRALIAN FOUNDATION

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Dear Supporter

It has been a busy beginning to 2018 and we are in the throws of planning our inaugural Asian Australian Foundation Oration dinner on 5 June 2018. We are honoured to have [Dr. Tim Soutphommasane](#), Australian Race Discrimination Commissioner deliver the oration. Please save the date and we hope you will join us at the event, the details of which are below.

We also profile one of our grantee partners, PANDA - Perinatal Anxiety & Depression Australia ([www.panda.org.au](http://www.panda.org.au)) which supports women, men and families across Australia to recover from post and antenatal depression and anxiety, a serious illness that affects around 100,000 Australian families every year with whom AAF spearheaded a project to raise awareness of perinatal anxiety and depression amongst the Asian Australian community.

We hope you enjoy this update of how your support is helping make an impact.

Warm regards

The Directors - Asian Australian Foundation

## Inaugural Asian Australian Foundation Oration

The AAF is this year launching the Asian Australian Foundation Oration dinner. The oration will showcase and celebrate the contribution and impact of leaders of Asian heritage to Australia, communities and the world.



The Asian Australian Foundation Oration will be the first of its kind and delivered by [Dr. Tim Soutphommasane](#), Australian Race Discrimination Commissioner. The topic will be:

*“The challenges for diversity in an environment of increasing populism. Where does Australia sit in this spectrum and how should Asian Australians show leadership in embracing such challenges.”*

The dinner will also be an opportunity for networking, and to

witness the awarding of grants to organisations that the AAF is supporting and has supported (including through the Circle of Promise initiative). It will be a meaningful and inspirational night and we hope you will join us **on 5 June 2018 at 6.30pm at the Pavilion room at the Victorian Arts Centre.**

Circle of Promise and other key donors can access tickets to the event at a special rate of \$250 per person/ \$2500 per table of ten. Non donor tickets are \$285 per person/ \$2850 per table of ten. Details and bookings can be made by **18 May 2018** at

<https://www.trybooking.com/UUSZ>

or

<https://www.trybooking.com/365533>

## Impact of your giving

In the past year since June 2017, your giving and support has made it possible for the AAF to:

- Enabled provision of ten scholarships to bright young students in the Western suburbs (many of whom are of Asian heritage) facing difficult and disadvantaged circumstances. This support has enabled and given each of the recipients hope for their future in education and employment through our partnership with Western Chances. ([www.westernchances.org.au](http://www.westernchances.org.au))
- Help address addiction and mental health through support and funding to Firststep ([www.firststep.org.au](http://www.firststep.org.au)) for a Case Management and Wellbeing Program.
- Enable Anxiety Recovery Centre Victoria (ARCVic - [www.arcvic.org.au](http://www.arcvic.org.au)) to provide specific workshops targeting the Asian Australian community that aim to provide an avenue for people to learn more about mental health and anxiety disorders in a supportive and safe environment and overcome the stigma associated with mental health. Such workshops also seek to work with parents to assist them identify anxiety in children and the support available.
- Spearhead a project to raise awareness of perinatal anxiety and depression amongst the Asian Australian community through our partnership and support of PANDA - Perinatal Anxiety & Depression Australia ([www.panda.org.au](http://www.panda.org.au)) which



supports women, men and families across Australia to recover from post and antenatal depression and anxiety, a serious illness that affects around 100,000 Australian families every year. See the profile of and letter from PANDA below.

One of the key impacts the AAF is

having is in surfacing issues that require specific awareness and address amongst the Asian Australian community. This has been particularly the case in our work and discussions with organisations in the mental health area.

## The Gathering Circle - "Fashion for a Cause" event

As part of executing on the mission of the AAF, we launched in October 2017 "The Gathering Circle". This initiative gathers women, particularly Asian Australian women together, to share their resources, knowledge and experience in a way that focuses on leadership through giving for the benefit of the wider community. It is about harnessing the desire, commitment and passion as women, to make a positive contribution. It is "Women empowering Women through Giving".

The Gathering Circle was launched through a "Fashion for a Cause" fundraising event on 25 October 2017. Likeminded women (and a few men!) especially from the Asian Australian community who love fashion gathered together in Melbourne to enjoy



an evening of entertainment, featuring a fashion parade with edgy designs from up and



coming young Australian designers, and bespoke Italian made hats.

Ticket sales from the event raised funds for corpus for the AAF and a grant of \$5,000 was made to Perinatal Anxiety and Depression Australia (PANDA) (see profile of PANDA below) from the initiative.

It was a great event and all who attended enjoyed it tremendously. The event had coverage in the media and we are grateful to our key sponsor Navanti Group, KaiFeng Property Group, Stockdale and Leggo and Brown Brothers for making the event possible.



## Profiling PANDA - AAF Grantee and Partner

### From Terri Smith, PANDA CEO

At PANDA we are so excited to have formed a recent partnership with AAF. With support from AAF we will improve access to PANDA's services for expecting and new Asian Australian families.

### Who is PANDA?

PANDA - Perinatal Anxiety & Depression Australia is a not for profit organisation working to decrease the impact of perinatal anxiety and depression. We do this through supporting families with our National Helpline, raising awareness of this common and serious illness and providing information on our websites [www.panda.org.au](http://www.panda.org.au) and [www.howisdadgoing.org.au](http://www.howisdadgoing.org.au).

### Recognising perinatal anxiety and depression



As many as 1 in 5 expecting or new mums and 1 in 10 expecting or new dads will experience perinatal anxiety and depression. Being pregnant or becoming a new parent can be both exciting and challenging. Having a degree of trouble adjusting to the changes that come with impending parenthood or the arrival of a new baby is natural. When general ups and downs develop into something more serious, and persist for more than 2 weeks, it's time to get help.

On PANDA's Helpline each day we talk with families from all over Australia with different

cultural and language backgrounds. From this experience we know that perinatal anxiety and depression can be exacerbated by different cultural expectations about being a new parent. Sometimes we hear from mums who are struggling to blend their values about being a parent in Australia with those of their own mother - or perhaps their mother-in-law. This can be exacerbated when a parent or parent in-law doesn't live in Australia but comes for an extended visit after the birth of the baby.

Whilst extended families want to help a new mum through the experience of bringing a new baby into the world, sometimes this can cause tension and distress for the new mother as she negotiates her personal need to adjust to being a parent with the ideas of others around her. This can also create difficulties between the new mother and her partner - particularly if the difficulties relate to her in-laws. We often talk to mothers, particularly Chinese, Vietnamese and

**PANDA's Helpline supports new or expecting parents struggling with post or antenatal anxiety and depression.**



Indian women, who feel their partner isn't supporting them because he is not able to stand up to his parents and tell them that things are different either here in Australia or simply different since they had their own children.

We also talk to new mothers who are struggling because their families do not understand that mental illness is a 'real illness'. This can be devastating for the mother with anxiety or depression and can worsen the illness.

Another story we hear on our Helpline is about difficulties in cross cultural marriages where cultural and value differences can become problems when faced with the demands of a new baby. It is surprisingly common for couples to only begin to talk about their individual beliefs and values about babies after the baby is born. This can relate to key issues like breastfeeding, sleeping and crying. When differences in views about these issues are discovered, with the pressure of the new baby present, they can lead to conflict and distress.

Having a sympathetic ear to explore feelings and problems can be a lifeline. PANDA's Helpline is available to support new mums and dads through these sorts of difficulties. PANDA's National Helpline is available 9.00am - 7.30pm.(AET) Monday - Friday on 1300 726 306.

Through this partnership with AAF, PANDA will be reaching out to community and professional organisations to help them understand more about perinatal anxiety and depression in the Asian Australian Community. We will also be printing and distributing resources in Chinese and Vietnamese to help the grandparent generation understand this complex illness so they can best support their children.

I hope you will help us share our key message that perinatal anxiety and depression is a common illness that doesn't discriminate.

If you have ideas about how we can share our information or simply have a question please don't hesitate to contact me at [terri.smith@panda.org.au](mailto:terri.smith@panda.org.au).

I want to finish by thanking the Asian Australian Foundation for supporting our work so that every new family can get the best possible start.

Kind regards

Terri Smith - CEO - PANDA



## About the Asian Australian Foundation (AAF)

AAF was founded in 2015 with a vision for a socially cohesive society that flourishes with the contributions of all.

AAF is registered with and has received an approval tick from the Australian Charities and Not-for-profits Commission (ACNC). AAF is also endorsed by the Australian Tax Office as an item 2 Deductible Gift Recipient (DGR).

## Purpose and mission

AAF's mission is to enable and promote collective giving in the Asian Australian community in order to *"Give Voice and Inspire Change"* on issues that matter by building bridges across community.

Our aim is to strengthen the Asian Australian community by:

- bringing together donors and resources to foster a robust collective and culture of giving and social impact investment;
- promoting social cohesion through dialogue, greater participation, inclusion and leadership amongst Asian Australians as part of the wider Australian society;
- advancing social or public welfare through supporting organisations that serve the vulnerable and distressed in our community; and
- supporting education, culture and the Arts.

## Promoting a culture of giving

We are most effective united, working together. Thus, working with communities, leveraging our collective expertise and resources, AAF seeks to identify, raise awareness, understanding and address the issues and needs of those disadvantaged and requiring assistance in particular, within the Asian Australian community.

Our aim is to create positive, meaningful and sustainable change for the benefit of our community. By facilitating and enabling philanthropy, the Foundation creates a legacy and platform for the input of Asian Australians as part of a wider Australian community to be recognised and acknowledged. In so doing so, bridges will be built across the community.

## How you can help

You can volunteer, donate, tell your friends and colleagues about AAF, participate in our fundraising events, be a sponsor or a Circle of Promise supporter. For further information, please see [www.aafoundation.org.au](http://www.aafoundation.org.au) or contact [contact@aafoundation.org.au](mailto:contact@aafoundation.org.au)

