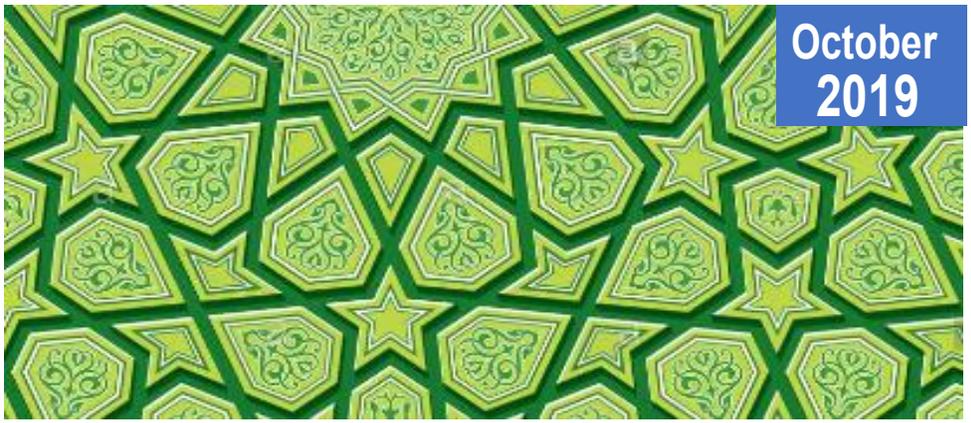




October  
2019



A Quarterly Update On The Northern Community Support Group

# The Northern News

“THE BEST OF PEOPLE ARE THOSE THAT BRING MOST BENEFIT TO OTHERS”

## Good times in the North

Welcome to another edition of the Northern CSG newsletter, *The Northern News*.

In recent months there has been plenty of activities focusing on young males, with both project sites delivering sporting and recreational programs in this space.

Other activities this quarter have included mental health workshops, Eid festivals, charity work, and plenty of school holiday activities. In addition to this, the continued delivery of homework clubs, playgroups, book club meetings and classes dedicated to new Muslims has made this a very busy quarter for the Northern CSG.

## Inter-Mosque Futsal Tournament at MyCentre



Top left: The winners trophy

Top centre: Tournament organiser Jalal Soueid (right) with match officials.

Top right: To the victor belong the spoils. Winners were awarded medals and trophies.

Middle left: Group photo

Middle centre: The Preston Mosque team performed admirably

Middle right: MyCentre Youth team receiving half-time instructions

Bottom Left: Fans cheering their side on.

The Northern CSG is a pilot program auspiced by the Australian Multicultural Foundation (AMF) in partnership with MyCentre, Preston Mosque and the Victorian Government. The project involves working with the Muslim community in the Northern suburbs of Melbourne. The aim is to provide young people and the broader community, with the support and opportunities they need to achieve their full potential and develop a sense of belonging in Australia.

For more information please write to  
[remzi.unal@amf.net.au](mailto:remzi.unal@amf.net.au)

On Sunday 22nd September, MyCentre hosted an indoor futsal tournament titled Inter-Mosque Harmony Cup. The day-long carnival style event was a celebration of multicultural unity, with 10 teams from various mosques and communities across Melbourne participating. Dar es Salaam (team consisting of predominantly Somali youth from Heidelberg) were crowned champions, beating the MyCentre team in the grand final 5-2. Preston Mosque performed admirably but was eliminated in a penalty shootout by the eventual champions in the semi-final. Approximately 150 people participated in the event, including players, officials and spectators.



Mental health has been a strong focus of the Northern CSG



## Preston Mosque Mental Health Awareness Workshop

On Friday 9th of August, Preston Mosque hosted a mental health workshop titled *Flourishing Minds: Building Mental Health Awareness*. The three hour program, facilitated by Dr Senem Eren from the Centre for Muslim Wellbeing, explored evidence based and Islamic practices that could be used to improve resilience and manage adversity.



Top: Classic tug of war battle

## MyCentre Boys Indoor Sports Day

On Wednesday 25<sup>th</sup> September MyCentre organised a Boys Indoor Sports Day, as part of its school holiday program. Activities included sack races, tug of war, basketball and soccer. The young participants also enjoyed a healthy lunch. 50 boys between the ages of 4 and 10 participated in this event.



## Preston Mosque Horse Riding Trip to Country Victoria

On Saturday the 5th of October, Preston Mosque organised a horse riding excursion to Uncle Nev's Trail Riding Farm in Wallan. 23 young males participated in the activity, many of whom had never ridden a horse before. Apart from a physical workout, participants also had the opportunity to spend time with friends, embrace nature and enjoy the scenery.

Engaging in meaningful, positive social activities such as this is vital for young males. It improves overall health and wellbeing, and helps participants develop a sense of belonging to the community.



## Sheikh Abu Hamza Speaks at the Bachar Houli Academy



The 2019 Bachar Houli Academy participants with Sheikh Abu Hamza

On Monday 23rd September, MyCentre Religious Leader Sheikh Abu Hamza delivered a talk to the 2019 Bachar Houli Academy participants. The popular Imam spoke to the young males, aged between 15-18, about the importance of being proud of their Australian Muslim identity, and provided advice on how to become positive members of society.

The Bachar Houli Academy is a high-performance football talent program for emerging junior players. The program focuses on strengthening players' leadership abilities, building their brotherhood and providing a unique football development opportunity for young Muslim men as well as giving the participants the opportunity to learn about their identity.



Plenty of fun activities indoors and outdoors

## Eid Celebration at MyCentre

On the weekend of 17<sup>th</sup> of August, MyCentre organised a festival to celebrate the occasion of Eid al-Adha, the second of two Islamic holidays celebrated worldwide each year. The two-day carnival style event featured many rides and activities for children. On the Sunday morning, a 3-hour period was dedicated specifically for children with special needs. Over 1000 people attended the festival across the two days.

## Family Fun Day at Preston Mosque



Just some of the activities available for kids and families

On Tuesday 1<sup>st</sup> of October, Preston Mosque organised a Family Fun Day as part of its school holiday program. The event featured jumping castles, face painting, arts and craft activities, farm animals, and a giant caterpillar. Over 300 people attended the day-long event, including many non-Muslim friends and neighbours.

mycentre  
MULTICULTURAL YOUTH CENTRE

### HOMESCHOOL CLUB

for primary students

**TUESDAYS**  
4:30pm to 5:30pm

GOLD COIN DONATION

A: 31 Kraft Court, Broadmeadows  
P: 0490 098 652

**REGISTRATIONS ARE ESSENTIAL**

A MyCentre & The Northern CSO initiative

**EVERY THURSDAY NIGHTS**  
4:30-6:30

**GAMSAT & UMAT HELP**  
IMPROVEMENT OF TEST SCORES

**SUBJECTS:**

- ENGLISH
- SCIENCE
- LEGAL STUDIES
- HEALTH & OTHERS

**FREE**

ESSAYS, ASSIGNMENTS, TESTS

EFFECTIVE STUDY SKILLS

QUIET STUDY SPACE

## SECONDARY VCE TUTORING

PRESTON MOSQUE (90 CRAMER ST. PRESTON)  
Further information, Msg 0420 970 566





## MyCentre Funtopia Excursion

On Monday 23rd of September MyCentre organised an excursion to Funtopia adventure playcentre for primary school aged children. Participants had the opportunity to do indoor rock climbing, make their own pizza and explore the huge indoor playground complex.



## Building a Happy Home in Preston

Preston Mosque held a religious presentation on Saturday 14th September, where respected scholar Sheikh Zeid Bakar delivered a lecture titled *Building a Happy Home*. In his talk, Sheikh Zeid spoke about the importance of demonstrating gratitude and patience when dealing with family members and treating each other with respect.

MyCentre & Northern CSG Present

# MYCentre Womens' Basketball Team

Play!  
Compete!  
Win!

Training will Run on Tuesdays.  
Time: 5:30 - 7:00 Age: 15+  
31 Kraft Court Broadmeadows.  
Competitions will start in September and run every Sunday 5 pm - 8 pm for 10 weeks .  
Call 0466103070 For more information

Sisters Only Class

## How to attain Faith in Islam

Do you know anyone who is new to Islam and wanting to learn the basics of Islam?

Do you have Non-Muslim friends who are interested in Islam?

Are you a muslim but lacking the knowledge of the basics in your religion?

*Preston Mosque (90 Cramer Street, Preston)*  
Every Friday 7-8:30pm

For further information, contact 0420 970 566



Left: Non-perishables ready to be packaged  
Right: Lending a helping hand to the needy

## Preston Mosque helping the needy

On Sunday 25th of August, younger members of the Preston Mosque community volunteered at the Halal Food Bank. The 20 females assisted in the packaging of donated food items and preparing them to be distributed.

The Halal Food Bank is a Melbourne based philanthropic initiative, which distributes food and household items to needy families, those who require crisis support, and asylum seekers. The organisation is run entirely by volunteers, and with support of the community.

The Muslim Youth, Adult & Families (MYAF) program is a service delivered to the community free of cost and is based at MyCentre Support Services at 831 Pascoe Vale Road, Glenroy VIC 3046.

The MYAF program was established to support individuals and families from the Islamic Community who seek counselling and drug related issues. MYAF works with counselling, youth support, education programs, support groups and referrals to other specialist services. This partnership is supported by a supportive Islamic community MYAF partners, principally MyCentre Multicultural Youth Centre with endorsement by the Islamic Council of Victoria.

mycentre SUPPORT SERVICES

sharc  
phn  
OFFENSEY HOUSE VICTORIA  
THE SALVATION ARMY  
YSAS  
ICV

Drug & Alcohol Support for Families · Youth · Adults

We are only a phone call away.  
831 Pascoe Vale Rd, Glenroy VIC 3046  
PH. 9078 3840  
mycsupport@mycentre.org.au

We're here to help...  
Supporting individuals and families from the Islamic Community who are experiencing alcohol and drug related issues.

ask the experts >>>

**Q:** A young relative of mine is having some issues with anxiety and depression. Is there any help available to her?

**A:** If you or someone you know is feeling down, stressed or can't stop worrying they can contact Headspace. Headspace is a health service for young people aged 12 to 25, their families and friends. They provide a range of no and low cost health and well-being services for young people.

Headspace has a centre in Glenroy which has a range of free, fun and enjoyable groups for young people aged 12-25 where you can meet other like minded young people whilst learning valuable skills for looking after your mental and physical well being. For more information or to make an appointment, you can contact Headspace on 1300 880 218. You can call yourself or anyone can make an appointment on your behalf. You are welcome to take along a support person to the appointment too.

