

Harmony Day

CatholicCare Sydney Disability Services

Embracing the diversity found within the walls of its Lakemba centre, the participants and team members from CatholicCare Sydney's Disability Services have celebrated Harmony Day with an inclusive and festive Multicultural Lunch!

On a day set aside to celebrate Australia's multiculturalism the simple act of breaking bread and sharing a meal helps us embrace our differences and recognise our similarities. This special day has been much anticipated by those in the Lakemba centre.

Our neighbourhood in Lakemba is one with a vibrant food scene and a variety of migrant communities, 90% of our participants are from a culturally and linguistically diverse background (CALD). A day like Harmony Day is so important because it celebrates diversity and recognises the unique contributions of all cultures in our community. It reminds us that not only is it ok to be different, but that that individuality is special, and should be celebrated," says Disability Services Director Joshua Grant

"Our multicultural lunch featuring a host of nations including Turkish, Vietnamese, Greek, and Nepalese treats, and hearing stories behind some of the dishes."

Each Disability Services participant brought along their favourite dish - baklava, fried rice, spring rolls, falafel and tabbouleh, spanakopita, ravioli, and even Tonga's much-loved coconut dessert vei halo.

The young people attending the Disability Services programs are reminded to respect diversity, and a sense of belonging for everyone is encouraged. When new participants join the programs, their cultural background is explored and services are tailored to their needs – Halal food is available, religious beliefs and observances are respected, and festivals or celebrations are marked. Group outings took place for Chinese New Year, Ramadan is acknowledged with activities that have a level of flexibility for those fasting, and Easter gets a double up with Orthodox Easter falling a month after Catholic Easter.

In keeping with CatholicCare Sydney's value of inclusion there is a seat at the table for everyone, and all abilities, genders, faiths, ages, and cultural backgrounds are welcomed and celebrated, always.

Disability Services programs, run in Lakemba for young people and adults living with disabilities, provide work opportunities, social engagement, and educational programs to help build practical life skills and qualifications including School Leaver Employment Supports, Supported Employment, Life Skills, and Workplace Training, and Social Connection programs.



CONTACT:

Jenna Catalano, 0423 505 931
jenna.catalano@catholiccare.org

CatholicCare
SYDNEY