



My Story ...

This is some of my story...

I am Ted Usense. I grew up in Sudan, Africa. I had a limited education, but a loving family and home.

I initially learnt Arabic Calligraphy when I was in my early twenties. I made cards and other small things that allowed me to save money.

I always wanted to leave Sudan from a young age. I also played in a music group called "Blue Stars," and the money

I made from playing guitar in this group allowed me to travel to Continental Europe. I was never formally taught music, but from a young age I learned to play by listening to songs and playing the notes as I heard them.

I settled in Germany and it was there that I got involved more in the community and a place of faith which would give me great security through the rest of my life. I worked and learnt the language in Germany for a number of years before returning to Sudan.

I also lived in Egypt for a number of years and had different occupations. Life was difficult for me in Egypt and it soon became more difficult as I was unfortunate enough to be injured by a bomb blast in Cairo. I left Egypt soon after.

At this point in time, Sudan was a country with many problems and I was subsequently placed in a refuge camp. I applied to a number of countries for asylum but it took a long time before Australian immigration officials came to interview me to see if I could be a refuge. They accepted me and this was such a wonderful feeling.

I have been in Australia for over six years now and have really loved this country and the people I have met. Over my life I have learnt about mateship, respect for others and myself. I have also found the value of having a strong faith in helping me get through many difficult situations.

Ted

Central Australian Aboriginal Congress



Social Emotional Wellbeing

Don't be alone ...
... come to our place

- It helps to talk to someone who cares.
- We provide culturally appropriate counselling and supports for Aboriginal people.
- We offer to help people who are feeling emotional pain.
- We can help to find ways to stop the pain and the hurt before it gets worse.

When you have lost someone and the pain will not go away -

- Give us a ring

When there are drug and alcohol problems

- Give us a ring

When you feel angry or sad and alone -

- Give us a ring

When you feel too much pressure and stress

- Give us a ring

When there's violence in your life -

- Give us a ring

Many people need healing ...

- Physically, mentally, spiritually ... For too long many of us have been hurting.
- We might feel a bit ashamed or a bit scared to get help.
- It's time to make a change.
- Our community needs healing. We need to each other together ... our way.

You are not alone

Contact SEWB, 25 Gap Rd, Alice Springs

8951 4457

Live and Act in a Spirit Of Love

The place to begin to improve the world is in your own heart, head and hands. To get along with others, love them without forcing your love upon them.

Imposing your beliefs on people will not bring you peace. Have concern for others, respect their rights and freedoms, and let them be themselves.

Do this and you will enjoy peace. Having consideration for others is the basis of a good life. Most people are not against you, they are merely for themselves.

Let differing ideas clash, but not those of the heart. Peace comes to you when you live and act in a spirit of love.