

# 4CS NEWS



Canterbury City  
Community Centre

Community Building Community

Canterbury City Community Centre Newsletter | April 2017 | Volume 16 | Issue 2 | [4cs.org.au](http://4cs.org.au)

## MISSION: LAKEMBA PREMIERES!

.....

FULL STORY ON PAGE 3



Home Care  
Packages  
Update...

P14



Now on sale...  
I love lakemba  
mugs!

P2



Sharing  
Harmony at  
Shared Table.

P7

## WORD FROM THE CEO



### Everyone Loves Lakemba

The end of March saw the Premiere of the much anticipated Mission : Lakemba.

A short film put together by some proud locals with the support of the 4cs, Art Resistance and using funding received from Canterbury leagues Club under the Club Grants program.

Congratulations to everyone involved in making the film.

It is great to see Lakemba showcased in this way.



### I ♥ Lakemba Mugs

Over 10 years ago the Centre first made available our I Love Lakemba Mugs... seeking to change the language around our suburb and as a way for locals to express their solidarity with an area we all love.

We have re-fashioned an old favourite and the mugs are available for sale at the Centre for \$5.00 each.

They look fantastic!

We are also pleased to hear that the new Council will be continuing with the Haldon St Festival this year on August 26th 2017.

Hopefully we will have some to sell on the day as well.

### Community Builders Funding renewed

Much of our work in our local community of Lakemba is supported through funding received under the NSW Community Builders Program. This Program has been through a significant review of late and we have been relieved to hear that while the Review continues, funding will also roll over for a further three years. Great news for all our Lakemba based partnerships and Programs.

### Railway Parade Centre gets a facelift

The Main Office has received a bit of attention this year with electrical work, brick stitching, rendering, painting, a new front door and new entry tiles all installed and undertaken around our current activities. We thank the Canterbury Bankstown Council for undertaking the work, for being so accommodating around our other responsibilities and to our staff, volunteers and clients for their patience. It has been dusty and noisy!

The work is still underway so you might have to wait until the next Newsletter for a photo! While this was undertaken, we also finalised the last of the Office re-configurations with staff, computers, desks and even pigeon holes moving around.

### National Volunteer Week

In May we will be celebrating and thanking our fantastic 4cs Volunteer Team at our annual National Volunteer Week event. This year it will be a 50's styled Lunch at the Diner. Expect to see Happy Days featured and some great music, food and fun. For all 4cs Volunteers please keep the 8th May free. You'll receive an Invitation shortly.

Once again the theme for National Volunteer Week is Give Happy Live Happy. Volunteering has positive benefits for everyone and I know we couldn't do the work we do without them. Thank you to all our wonderful 4cs Volunteers and Volunteers everywhere! We hope you have a very Happy National Volunteer Week.

### Neighbourhood Centre Week

The week of May 1st – 8th is also Neighbourhood Centre Week – and the theme this year is Belonging. Neighbourhood Centres build inclusive and diverse communities where the most vulnerable know they belong, can act in their own best interest and are supported by the broader community.

On June 29th this year the 4cs is turning 45 years old! Starting in a small fibro house on the site of the current Lakemba Library we have been supported by thousands of local residents over the years. It seems like only yesterday we were turning 40! Happy Birthday to us and Happy Neighbourhood Centre Week everyone.

## National Volunteer Week 4cs Volunteer Happy Days Diner

Monday 8<sup>th</sup> May 2017

1.00 pm to 3.00 pm

Canterbury City Community Centre

130 Railway Parade Lakemba

RSVP's essential to 9750 9344



**GIVE HAPPY  
LIVE HAPPY**





# WORLD PREMIERE OF MISSION LAKEMBA



## World Premiere of Mission Lakemba

After several months of creative work the Premiere of Mission Lakemba was held at the Lakemba Seniors Citizen Centre on Thursday 23rd March.

The short film was developed by the 4cs and Film makers Art Resistance which helped participants develop their stories into a script, learn film production techniques, as well as refine their acting abilities.

With a huge crowd of almost 200 people at the Premiere, the stars of the film arrived in style, with photographers snapping shots as they walked down the red carpet. The audience was very excited prior to the screening, with many family and friends of those involved eager to finally see the film.

During the question and answer session afterwards, many people congratulated the project participants for their accurate portrayal of Lakemba and enquired about future screenings or where they could get a copy of the film!

While the film's Premiere was lots of fun, the film itself does address serious concerns. Particularly how Lakemba and the people who live here are often negatively portrayed in the media.

From the out set the main aims of the project were to; improve the image of Lakemba and address negative stereotypes; tackle people's perceptions of Lakemba as unsafe and dangerous; and encourage

more people to visit Lakemba.

While it took a total of 7 months to make the film, the longest time was taken to develop the script and decide how to best address the issues above as well as ensure the film was entertaining.

With guidance from John and Jill of Art Resistance it was agreed to make a short doco/comedy/drama by following Pete, a 'typical' investigative reporter, sent to reveal everything about the most dangerous, dastardly, frightening place in Sydney... Lakemba! Of course after meeting a number of local, friendly people during his visit, he goes away with a very different view of Lakemba....the REAL Lakemba.

A big thankyou to everyone involved in making Mission Lakemba, for their time, passion and energy that went into making this film, and particularly to people for their generosity in telling their stories and trusting the 4cs and the film makers to share those stories on film.

Given the response from the premiere and several requests since, the Centre will be organising a number of future screenings, but we also have bigger plans including approaching SBS and other channels, as well as entering it in film festivals here and overseas.

So if you haven't seen it, please follow our facebook and website pages to find out where you can catch a showing of Mission Lakemba!



# Introduction to Carpentry

Presented by TAFE NSW



This course will give you hands on experience in Carpentry for the Building and Construction industry. It will help you gain an understanding of the skills and knowledge required to work in this area, and will be a step towards working in this field or becoming an apprentice.

## WHERE:

Canterbury City  
Community Centre  
'The Mens Shed'  
Clissold Parade,  
Campsie 2194

## WHEN:

Classes are every  
Thursday Starting  
on 4 May 2017  
for 8 weeks from  
9:00 am to 3:00 pm

## HOW TO JOIN:

You will need to  
enrol at 9:00 am  
Thursday, 4 May 2017

**Cost:** \*Fee Free if eligible for the NSW Government Smart and Skilled funding.

## Applicants must be:

- (Asylum seekers and refugees, including holders of a bridging visa holders may be eligible for a fee waiver)
- no longer at school, and
- living or working in New South Wales and
- an Australian citizen,
- permanent resident or humanitarian visa holder.

Course will run subject to sufficient numbers

For more information please call Glenn or Kate on 9750 9344



## THE SHED PROJECTS



## Major Development down at the Men's Shed this year!

The Men's Shed Steering Committee voted unanimously to trial a "mixed day" – which means the Men's Shed will have both men and women working away side – by – side on all the different and creative projects that we do and get asked to do on Wednesdays.

We think the outcomes from this will be beneficial for everyone involved and can't wait to see how it goes.

Any women who want to apply still need to follow the same application process and procedures i.e. – live in the Canterbury – Bankstown area and be over 50 years of age.

You can call us to get an application form sent out to you or you can download one from our website.

Also at the Shed, Ted is working on 6 band risers for Ashbury Public School's Jazz band, which when finished will be a huge improvement on the ones they are currently using.

### Habitat Boxes for Council

Jim and Chris have started making some habitat boxes for Council. At the moment they're making boxes for parrots like Crimson and Eastern Rosellas and Rainbow Lorikeets; sugar gliders and micro bats, that all come with their own specifications.

Like a lot of native fauna, these animals are under threat from habitat destruction from residential and other development, accumulation of contaminants such as herbicides and pesticides, motor vehicle impact and cats. I know there's heaps of Rainbow Lorikeets in Sydney, and occasionally I see an Eastern Rosella, but I wasn't aware of sugar gliders and micro bats "living among us" in the city. There are 5 different species of sugar gliders throughout NSW and there are 19 species of micro bats in the Sydney region.

Council have got plans to have as many as they can throughout the area, so the guys might have few future orders coming in.

### Bike Shed

The Bike Shed has been just as productive – stripping unwanted bikes for parts, fixing them to be road worthy again, picking donated bikes up and going to the markets to sell them.

As usual, they're all doing a great job and providing an excellent service for the local community.

### Men's Health Week

**This year Men's Health Week is on from 12 to 18 June.**

This year's theme is **HEALTHY BODY – HEALTHY MIND: KEEPING THE BALANCE.**

Which will explore the different ways men and boys manage to keep healthy – physically and emotionally.

For more information on what 4Cs are doing for Men's Health Week this year, read about our plans in the Social Inclusion and Wellbeing section of the Newsletter.

# ENVIROMENT@LAKEMBA



## Clean Up Australia Day

This year has been a very busy year for Environment@Lakemba. Just last month we organised a cleanup site at The Boulevard Lakemba for Clean Up Australia Day on Sunday 5th March.

It was a rainy day but we still had a great turn out with over 16 people cleaning up litter in the Plaza and along Haldon St. Over 10 bags of rubbish collected. It was great to see so many residents come to help out and a big thank you to everyone. We also joined up some new members to the group and received lots of 'thank yous' from people walking by.

## Keep Lakemba Clean Billboard at Lakemba

Have you seen the giant Love Where You Live – Keep Lakemba Clean Billboard at Lakemba Train Station?

This was planned and designed by the group with assistance from a local graphic artist and the support of Council, and are hopefully encouraging people to put their litter in the bin.

New bins have been placed at Railway Parade and Wangee Road which are helping reduce litter in these parks.

## New Project

The group is currently discussing a 'Cleanest Street in Lakemba Competition'. If you would like to be part of Environment@Lakemba, we meet every 2nd month, share a meal and discuss ways to reduce litter and household dumping in Lakemba.

For more information call Kate on 9750 9344.

## Next Meeting

Environment@Lakemba on Wednesday 5 April from 5.30pm to 7.00pm at Canterbury City Community Centre 130 Railway Parade, Lakemba.

## GARDEN CARE



We are still trying to recruit a Garden Care Co ordinator and hope to have better luck soon. It is a fantastic service with a great team of qualified horticultural staff and volunteers, hard working Lawn Mowing Contractors, some wonderful gardens to care for and of course our absolutely delightful clients.

Lots of thanks to our Garden Care team for continuing to deliver a high

A sad farewell to Team member Su Tozer who is moving on to new career directions ... Su has been with the Service since the very early days firstly as a Volunteer and then as a part time Team Leader.

Thank you Su ... we'll miss you.

Su (second from Left) with Garden Care Volunteers Erica, Van and Robert

quality and caring service despite being short staffed, and with special appreciation to Deb Dunn who is the Acting Co ordinator while we continue to search for that special person to take on the job.

Garden Care is funded under the Commonwealth Home Support Programme (CHSP) with the aim of assisting older people to remain living independently in their own homes.

We do this through the Easy Care Garden Conversion Service, the Garden Support Service which assists with smaller one off jobs and the regular Lawn Mowing Service.

We are always looking for Volunteers to help out, especially with the Easy Care Garden Conversions which are a lot of work and extra pairs of hands can make all the difference.

Garden Care Services are in high demand, and sometimes are closed off to new referrals as we reach capacity.

If you think Garden Care can assist you, you live in the former Local Government Areas of Canterbury Marrickville and Leichhardt, and are aged 65 years and over, then call My Aged Care on 1800 200 422 to be assessed and referred.





## Shared Table

In February and March of this year we have been excited to partner with Inclusive Australia (Salvation Army) and the NSW Jewish Board of Deputies to participate in the Shared Table Project – bringing women from diverse backgrounds together around cooking, food and conversation.

Many of the women participating from the 4cs are newly arrived in Australia from Syria, India, Bangladesh and Pakistan.

Thank you to these women who have participated and embraced the opportunity to meet with women from South Africa, Israel, Poland, Russia and Hungary.



It is wonderful to provide an occasion where people from very different backgrounds ... of faith, nationality, culture and language ... can come to together through a shared experience and an open mind and connect on a deeper level.

The women enjoyed an initial meet and greet where each one shared a plate of food that represented something of themselves and their culture.

This led to hours of conversation and the beginnings of trust and understanding. Over the following weeks participants enjoyed cooking together and also celebrated the economic, social, cultural and political achievements of women during International Women's Day.

The Program creates an opportunity for participants to share stories, their rich heritage and backgrounds, traditional foods and customs.



Congratulations to everyone who has participated, for the warmth and generosity shown, and the openness to learn from each other.

## ACNC Charity Tick

The ACNC (Australian Charities and Not for Profit Commission) Tick of Charity Registration aims to give reassurance to the public that a charity is transparent and accountable by highlighting its presence on the ACNC Charity Register.

The Registered Charity Tick will have a positive effect on public trust and confidence in the charity sector and we encourage members of the public to check the Register to find out more details about charities they wish to support.



Canterbury City Community Centre has registered its details on the ACNC Register ... we have the Tick so please check us out.



## English Classes

Want to improve your English in a small conversation group just for women?

Beginners to Intermediate

HOW TO JOIN:

You will need to enrol on Wednesday, 26 April 2017 from 12:30 pm to 2:30 pm

WHEN:

Classes are held every Wednesday starting on 3 May 2017 from 12:30 to 2:30 pm (During school term)

WHERE:

Canterbury City Community Centre 'The Cottage' 28 Croydon St, Lakemba 2195

Limited childminding is available onsite.

For more information and to make a booking please call 9750 9344 or visit [www.4cs.org.au](http://www.4cs.org.au)

# SOCIAL INCLUSION & WELLNESS



The Social Inclusion and Wellness Team includes myself (from the left: Juliet Burton), Megan Van Kaathoven, Glenn Harding and Bruno Gentile.

The Social Inclusion and Wellness Program offers a range of activities and support to help older people remain connected to their community. This includes large and small group activities, outings, and individual visits.

## Social Inclusion and Wellness Team

At the end of 2016 I resigned from my role as Garden Care Coordinator at 4cs to commence in the new role as the Social Inclusion and Wellness Coordinator. I look forward to increasing the number of new clients accessing the programs and developing new and exciting activities for clients that meet their individual goals. A big thankyou to everyone at 4cs in supporting me in settling into this new role.

## A word from Megan

Megan is the Social Inclusion and Wellness Support Worker overseeing groups on Tuesdays, Thursdays and Fridays. Megan also looks after the Evergreen Garden Lovers Group that have an outing the last Monday of each month.

*Once upon a time there was a Garden Care Support Worker named Megan, who loved her job very much, however, she wanted to expand her horizons and was very interested in getting involved in some of the other services that the 4cs has to offer.*

*Then last July the opportunity came along to become involved in*

*the Social Inclusion and Wellness Program when the Co-ordinator (Rosanna) went on leave. I quickly put my hand up to help out and to try and fill her shoes for just a couple of months. I hit the ground running and with help and support from my colleagues and volunteers I managed to wing it and everything ran pretty smoothly, considering.*

***'The experience was awesome! I thoroughly enjoyed working with such a wonderful bunch of clients and volunteers alike. It's all about helping to create a great vibe! The clients are so happy to come along to the Centre, to socialise, play games, to do craft and to go on some fabulous outings on a monthly basis.'***

*When the Coordinator returned, back to Garden Care I went, then out of the blue last November a position became available at the Centre as a Social Inclusion and Wellness Support Worker. I was over the moon when I was offered this position, and to find out that I could also continue working at Garden Care a couple of days a week, I could not believe my luck. I felt so privileged! I love my job and I now get to have my cake and eat it too!*

## And from Bruno

Bruno works on Tuesdays as the Social Inclusion and Wellness Support Worker with Shed Mates.

*I'm sure many of you may already have seen or met me over the past few years, while volunteering at 4C's in several support roles and in particular, with the Shed Mates program.*

***'I've always enjoyed my experiences working with or assisting so many wonderful people in the 4C's community. I'm excited to be able to continue to progress the Shed Mates program.'***

*I plan to combine my experience from the Canterbury Men's Shed and focus on many interesting and enjoyable light woodwork projects and craft activities with the Shed Mates group. We will also be participating in many stimulating outings and enjoying some great places for lunch.*

*I look forward to working together with you, to have fun and to provide an excellent quality service for all.*

## Men's Social Inclusion Survey

Glenn Harding, who oversees the Canterbury Men's Shed, is working on Thursdays in the Social Inclusion and Wellness Program to undertake a Mens Social Inclusion Survey.

In April we will be undertaking a survey to find out if there are programs, activities or services that men, aged over 65 years who live in the Canterbury – Bankstown, Inner West and Burwood, City of



Canada Bay and Strathfield Local Government Areas would like to attend.

Some of you might already be involved in a community program with the 4cs but there are a lot of older men in the community who aren't involved in any activities and we want to find out what they would like to do.

Community programs and activities play an important role in increasing people's knowledge of and connection to their local community, meeting other people who have similar interests, learning and sharing skills and improving the overall quality of life for individuals and their families. In general, men don't attend community programs or social groups as much as women. When men retire from work, they can lose a lot of their social networks and their "identity", as their purpose in life is often connected to their professional status. When they stop working, this identity disappears, which can result with some men feeling a bit lost and not knowing what to do with themselves.

So we would like to find out, other than the Men's Shed, what other interests men over 65 have. Once we get this information, we will develop programs and activities that men would like to attend which could be as broad as fishing groups, cooking classes, film/book appreciation groups, card/board games - the list is endless, but we just need to know to help make this happen.

If you would like to take part in the survey or if you know someone who would, contact Glenn or Juliet on 9750 9344 and we'll make sure you get a copy.

You can also complete the survey online. Just follow the link <https://www.surveymonkey.com/r/BHFBRJT> Let us know if you would like assistance filling out the survey and we can help you complete the survey.

If you would like to talk about these programs further and/or assist with developing program ideas also contact us - we'd love to have your involvement.

## Volunteering in Social Inclusion

We could not be providing such a great service without the wonderful support of the volunteers who bring a lot of warmth, laughter and conversation with them that makes this service so special. One of our volunteers, Ancieta shared something of her experience volunteering recently.

*"I started volunteering in 2014 with the Tuesday and Thursday groups - setting up the tables, helping in the kitchen, giving out the morning tea and lunch, talking to the clients and tidying up afterwards."* Ancieta also volunteers with the Friday knitting group.

In February 2017 Ancieta took on

a new role with 4cs as a volunteer Community Visitor to a resident at the Masonic Village in Lakemba

*"I speak with the resident, I do some painting and talking with her. I love it, it makes me happy."* Ancieta says the best part of her many volunteer roles with the 4cs is "... helping the older people and making them happy, making them independent and more social." Ancieta is very proud of her volunteer work and sees the importance of giving back to the community and being a role model for her family.

*"I like to dress up nicely and I like to be professional. If I have a problem I don't bring it along when I volunteer. Instead I like to make the clients smile and be happy."*

Ancieta also says the training that she has done around boundaries has helped her in her roles "... you have to recognise what the client wants, you shouldn't hug straight away. Listen to their feelings, if they don't want it don't do it. It is important not to ask about their personal life, unless they tell you, and it is a private conversation not to talk with others about." A big thankyou to Ancieta in her commitment to her volunteer role at 4cs.

## Getting Involved

If you would like more information about the Social Inclusion Program contact Juliet Burton at the 4cs on Tuesday to Friday on 9750 9344.



## Thankyou Lunch for Volunteers

Currently we have four volunteers visiting residents at the Lakemba Masonic Village. In March the Village held a thankyou lunch for volunteers.



'I volunteer twice a week. I enjoy meeting and engaging with other volunteers, clients and the staff... I have also had lots of free training and learnt so much since becoming a volunteer!'

## Volunteer in Your Community

Volunteering can provide you with a wide range of opportunities and benefits including a great pathway into employment as it can provide you with local experience, builds on your skills and knowledge while getting involved in your local community. Also being a volunteer within an organisation can provide you with training and social opportunities whilst being flexible around your needs.

On Wednesday 15 Feb the 4cs held a Volunteer Recruitment Event aimed at finding some new volunteers through providing information about the recruitment process and highlighting some of the many benefits volunteering can bring. During the session we heard from three volunteers who have been recruited over the past three years.

The impact of their stories, experiences could not fail to touch the hearts of those in the room as it was their personal journey and illustrated the pleasure and sense of fulfilment volunteering can bring.

Participants were treated to a lovely lunch and following on from the event we have some wonderful new volunteers employed at the 4cs!

Lorraine and Peter are two of the centre volunteers who have become involved in the Social Support Group. Peter is a volunteer driver and assists with transporting clients to and from their homes so that they can attend centre activities. Lorraine has two volunteer roles assisting with the Social Support Groups and facilitating art and crafts in a local Aged Care Home.

Lorraine says... 'I volunteer twice a week and I enjoy meeting and engaging with other volunteers, clients and the staff. I have also had lots of free training and learnt so much since becoming a volunteer!'

The centre is currently recruiting for two specific volunteer roles within the Social Support and Garden Care Programs.

If you are interested in becoming a volunteer then contact Donna the Volunteer Recruitment and Training Officer at the 4cs.

## Way 2 Go Volunteer Management Training

STARS has arranged the comprehensive Way 2 Go Management Training Package for community organisations to help recruit and manage volunteers to come to Sydney in April.

The training will be delivered in three locations - Bankstown, Campsie and Leichhardt.

The Training content includes:

- The Way 2 Go Toolkit provides hard copy and electronic templates for the recruitment and management of volunteers that can be customised for your organisation.
- Templates which include volunteer policies, registration forms, checklists and much more that are fully compliant with the National Standards for Volunteer Involvement.

The Way 2 Go Volunteer Training Program and Toolkit was first developed in 2007 by the Albury/ Wodonga Volunteer Resource Bureau in response to the need for a consistent training resource across NSW.

It was recently updated to include the standards and volunteer principles.

The training is aimed at not for profit organisations engaging volunteers, volunteer managers and staff overseeing volunteers.

The training is currently being offered FREE for a limited time so If you are interested in attending contact Donna at STARS 9750 starsrecruitment@4cs.org.au



# Come to the Movies with STARS

Celebrating National  
Volunteer Week 2017



As our way of saying Thank You to local volunteers we are taking you to the movies. What better way to celebrate the Volunteer Week theme Give Happy, Live Happy, than going to see a good old classic Beauty and the Beast

## WHEN

Wednesday 10 May at 9.45 am  
(it's important you arrive on time)

## WHERE

The Palace Cinema  
99 Norton Street, Leichhardt

**Lucky Door Prizes!!    Free Choc Top!!!!**

**Bookings Essential and Places are Limited - You must be currently volunteering in the Inner West, Bankstown/ Canterbury areas.**

Bookings call **STARS** on **9750 9344** or [starsrecruitment@4cs.org.au](mailto:starsrecruitment@4cs.org.au)

# STARS Training

The beginning of 2017 has been very busy with training and we thank all stakeholders for keeping us informed of your learning and development needs so that we have been able to tailor accordingly. Please keep communicating your needs with us and we will keep listening!

In the last two months STARS have coordinated and delivered 17 training workshops for 310 participants including onsite training, a Volunteer Coordinators Forum and our calendar training sessions where we contract trainers that specialise in particular areas or work in partnership with Registered Training Organizations (RTO's) to bring accredited training into our local area. Accredited units/skill sets have included:

- Provide Support to People Living with Dementia, Alzheimer's Australia RTO
- Support Independence & Wellbeing, 3 Bridges Community RTO
- Assist Clients with Medication Skill Set, Bankstown SWSI TAFE
- Follow Safe Work Practices for Direct Client Care/Work Legally & Ethically Skill Set, Bankstown SWSI TAFE



A highlight has been NDIS in Transition – Essential Information for Frontline Workers facilitated by Sector Support National Disability Services which was attended by 80+ workers keen for information about the NDIS planning process and rollout, price guide, experiences of providers and participants and changing policy and service delivery landscape.

A big thank you to Jessica, Jenny and Elleker from the Sector Support Team who will also be facilitating a new workshop ZERO Tolerance. These free workshops on Friday 26 May are designed to promote a change in the way abuse and neglect are

understood and offers practical advice on how to use the Zero Tolerance tools to prevent abuse for frontline workers, teams and supervisors. Bookings are open now so don't miss out!

## April/May workshops still to come:

- Follow Basic Food Safety Practices 3/4/17 Belmore
- Way to Go Toolkit for Volunteer Managers 3,4 and 5/4 Bankstown, Campsie and Leichhardt
- From Plans to Practice morning and afternoon workshop 6/4/17 Marrickville
- From Plans to Practice morning and afternoon workshop 1/5/17 Croydon
- Volunteer Essentials (Cantonese) 4/5/17 Campsie
- Provide Support to people Living with Dementia 5,12 & 19/5/17 Marrickville
- Recognising & Responding to the Abuse of Older People – What Volunteers Need to Know

Our next consultation will be on Monday 29 May 2017 from 10am-1pm in Campsie – save the date





# LAKEMBA COMMUNITY **MARKET** SHOP AROUND THE WORLD AT LAKEMBA

Make sure you pop in to enjoy the atmosphere, entertainment & great shopping. With lots of stalls selling a variety of beautiful products including; clothing, jewellery, accessories, candles, gifts, food & second hand goods.

## **Celebrate International Womens Day and the Markets 2nd Birthday!**

**Saturday 1st April** – Come & celebrate International Women's Day & our Second BIRTHDAY, with lots of special activities including; FREE activities for women. Indonesian Dance Workshop, Henna Tattoos, Chai & Sweet, International Fashion Show & craft activities for kids.

## **Performance by King & Queen of Green**

**Saturday 7th May** - Enjoy the stalls, special focus on 2nd hand stalls this week, come & find that treasure you've been looking for! Performance by the King & Queen of Green & lots of activities for the kids.

## **Celebrating Refugee Week**

**Saturday 4th June** - This week we are Celebrating Refugee Week – lots of great local performances & activities for the kids.



## **Interested in having a Stall?**

Second Hand	\$25.00
General Market Stall	\$35.00
Hot Food Stall	\$50.00

Stallholder Fees (include table and marquee).

For applications for stallholders, go to:

website: [www.4cs.org.au](http://www.4cs.org.au)  
 or call: 4Cs on 9750 9344,  
 mobile 0431 127 288 or  
 or email [markets@4cs.org.au](mailto:markets@4cs.org.au).

All money raised from stallholder fees goes back to the 4Cs for community activities and programs in Lakemba.



## **When are Lakemba Markets?**

The first Saturday of every month from 10am - 4pm

Jubilee Reserve, Cnr of Railway Pde and Bellevue Ave, Lakemba





## HOME CARE PACKAGES



## Home Care Packages Program transitions under Increasing Choice in Home Care Reforms

In 2016 staff at Canterbury City Community Centre were very excited to learn that the organisation had been approved to provide Home Care Packages. We were allocated Packages under the last Funding Round available and over the past year have worked hard to establish a responsive, caring, reliable and consumer directed care Service.

On the 27 February 2017 The Home Care Packages Program underwent significant change, with Packages now allocated to Consumers who will have a greater ability to choose their Provider, rather than to Organisations. The changes are aimed at making the Aged Care Sector consumer driven, market based and less regulated.

Canterbury City Community Centre has been a trusted Provider of Aged Care Services for over 30 years. Whilst we are relatively new to Home Care Packages (HCPs), they fit hand in glove with our existing Commonwealth Home Support Program (CHSP) services such as Garden Care and the Social Inclusion and Wellness Program.

Our CHSP services assist clients by supporting them to live independent lives at home and within their communities. The Home Care Packages are for clients whose needs are a little greater and who may need a number of different services supporting them. Packages available from the 4cs range from Level 1 to Level 4, with Level 4 for clients with high support needs.

The beauty is that clients receiving services through CHSP with 4cs can smoothly transition to 4cs Home Care Packages when their care needs change – continuing with an organisation that they know, are comfortable with and can trust.

Home Care Package services are coordinated to meet the client's needs whether these needs are domestic, social, personal or clinical. Gina Gericke, 4cs Home Care Coordinator, will work with clients to identify any needs and assist by organising staff to work with individual clients. Services offered under the Package can be changed as needs change.

When client Ben was referred to the 4cs on a Level 3 Package, he



was finding it difficult to manage to pay his bills and do the day to day domestic chores. His only relative lived out of Sydney so it was difficult to visit.

Ben's Care Worker went to visit him and helped to get him a bit more organised at home; they shared the domestic tasks and helped to get Ben's house clean and tidy. He was also able to drive him out of Sydney to go and spend time with his family – and pick him up and bring him home again when needed!

A visit to a dietician was also organised to assist with Ben's diabetes. Ben recently told staff: "You guys have changed my life!"

Ben recently  
told staff...  
'You guys  
have changed  
my life!'

The 4cs has undertaken a thorough recruitment process which has ensured a diverse pool of Care Workers. Staff are friendly, professional, flexible, qualified and experienced. They have undergone rigorous checks by the organisation to ensure that they are highly suitable for the position. 4cs know their staff and will match the client with the worker.

Clients who are currently receiving the Home Care Packages through Canterbury City Community Centre are reassured at the level of care received from staff.

Mrs Saleh (real names not used), has memory loss as a result of her dementia. Her Care Worker, Jenny, visits her every morning. She helps her to shower and changes her bedclothes so her sheets are clean and fresh. She makes her some breakfast and importantly, provides her with companionship. Daughter Fatma says it is lovely to see her Mum's response to Jenny. "She understands Mum really well, and it is great to see her so smiley in

the mornings when Jenny is there."

Fatma is also impressed with the way that Canterbury City Community Centre staff keep in touch with herself and her family. "It is like a partnership. Staff let us know what is happening. If Jenny is not able to come they find someone else to help. They communicate with us so we all know what is going on. They are very professional but there is also that personal touch that is so important."

Another client enjoys regular visits to the movies with her Care Worker – a social activity she had always loved until she was no longer able to get out on her own. On another day she is accompanied to her hydrotherapy session.

Other clients receive nursing care that 4cs organises through a nursing agency they partner with. Nurses can provide in-home support where clinical services like wound-care, catheter-changing and assistance with medication are required.

Home Care Packages are subsidised by the Department of Health. While clients are expected to pay a small fee towards these services this is according to income and negotiated with each person individually, according to government guidelines.

Clients need to be assessed through My Aged Care (MAC) and if eligible can go to a service provider of their choice. For more information you can ring MAC on 1800 200 422 or visit: [www.myagedcare.gov.au](http://www.myagedcare.gov.au) or speak to Gina or Gillian at 4cs on 9750 9344 if you need assistance to do this.

4cs Home Care Packages put clients at the centre and work with them and their families to achieve the desired outcomes. As a not for profit organisation, 4cs priority is quality services and satisfied customers. Canterbury City Community Centre are committed to assisting older clients live independently at home for as long as possible.

Delivery of both Commonwealth Home Support and Home Care Packages Programs provides a pathway of care through the Organisation and will enable us to extend the level of care to clients as their needs change.



## How can we help?

At Canterbury City Community Centre we are committed to helping you live independently in your own home for as long as you are able. We do this through providing entry level services under the Commonwealth Home Support Program (including Garden Care and Social Inclusion and Wellness Services) and providing support for people with more complex needs through the Home Care Packages Program.

### How do I access Services?

To access any Canterbury City Community Centre Aged Care Service you will need to be referred to us by My Aged Care. My Aged Care can be contacted on 1800 200 422. There is also a website for further information [www.myagedcare.gov.au](http://www.myagedcare.gov.au).



## Tuning Into Kids

Free 6 Week Program  
for Parents with  
children 3 to 8 years

Every Monday for 4 weeks  
Monday 1 May 2017  
to Monday 5 June 2017  
10:00 am to 12:00 pm  
The Cottage  
28 Croydon Street  
Lakemba 2195

This free 6 week program  
aims to help parents and  
carers learn about :

- Teaching and support  
their children to  
understand and express  
emotions in appropriate  
ways
- Focus on the importance  
of helping children learn  
about their emotions
- Teaching children how to  
control their emotions.

Limited childminding is  
available onsite.

For more information and to  
make a booking please call  
Romana on 9750 9344 or  
visit [www.4cs.org.au](http://www.4cs.org.au)



Canterbury Earlowood  
Caring Association  
Since 1975



Canterbury City  
Community Centre  
Community Building Community

## MAKEUP & BEAUTY



## Make Up & Beauty Course

Working in partnership with NSW TAFE we were able to offer a 9 week course in Make-Up and Beauty Artistry for women as a pathway into the beauty industry. A total of 17 women attended the course and completed 3 accredited units focusing on; learning how to design and apply make up, provide salon services to clients, as well as research and apply beauty industry information.

Students particularly enjoyed applying the latest make-up designs and styles to each other. Several of the women have indicated their interest in continuing their studies at the Bankstown College of TAFE, with an excursion to the campus planned for early next term.

Given the popularity of this course with over 50 women coming to the initial enrolment and information session, we will be running this course again next term starting Wednesday 26th April and hopefully in Terms 3 and 4 as well.





# Lakemba Community Garden

## Living with Less

The ABC of decluttering, donating and sustainably removing your stuff!

Need help with reducing clutter in your life? Want to reduce your housework? Join Susanne, a professional organiser who will help you set your goals, stay motivated and learn the basics of how to de-clutter and get organised.

**Tuesday 16 May 2017, 10:00 am to 12:00 noon**

The Workshop will be held at The Cottage, 28 Croydon St Lakemba.

Presented by Susanne as part of the Waste and Resource Recovery Community Education Program, SSROC

**It's free and light refreshments are included. To book call 9750 9344**

This program is a NSW EPA Waste Less, Recycle More initiative funded from the waste levy, delivered by SSROC councils



## Herbs for the Home and Garden

Nothing is better than cooking with fresh herbs but too often we waste what we buy from the Supermarket. Why not grow your own herbs and avoid the waste, save money and always have the fresh herbs you need. Learn how to cultivate a variety of herbs in a small space.



**Wednesday 7 June 2017, 6:00 pm to 8:00 pm**

The Workshop will be held at Canterbury City Community Centre, 130 Railway Parade Lakemba.

Presented by Toni Salter, The Veggie Lady.

**It's free and light refreshments are included.**

**To book call 9750 9344**

## Wild Food Walk.... Eat Your Weeds

Join artist and naturalist Diego Bonetto on a journey of discovery, looking at plants and the stories they tell. Learn about medicinal food and craft uses of the most common weeds, resources from all over the world and learn how to positively identify dandelions, wild fennel, common dock, soursobs and much much more.

**Saturday 17 June 2017, 10:00 am to 1:00 pm**

Meet at St Mary Mackillop Reserve, Corner Canterbury Rd & Berna St Canterbury appx 200m walk from Canterbury Station.

**Wear comfortable shoes for walking. Bring a hat, sunscreen and water.**

**To make a booking call 9750 9344**



## Working Bees

Members and friends of Lakemba Community Garden meet to maintain and develop the shared/communal spaces of the garden.

This is when the entire garden becomes the focus and not individual plots. It is also a great time for you to meet other gardeners and share ideas and learn from one another.

We all use these spaces so it is important that we all help out when we can.

We have a number of Saturday Working Bees coming up:

**1 April 8:30 to 10:30 am**

**6 May 9:00 to 11:00 am**

**3 June 9:00 to 11:00 am**

## Harvest Share

The end of our working bees are a time to share harvest, seeds, food, company and conversation. Come along and meet your fellow gardeners!

## Plot Holder Support

4cs Team Member Yul Scarf is available every second Friday afternoon to assist in the Community Garden.

**Contact Yul on 9750 9344 or [gc4@4cs.org.au](mailto:gc4@4cs.org.au)**



Lakemba

# Ladies Lounge

Children are Welcome  
All activities  
are FREE  
Morning Tea Provided

A PLACE TO TRY  
AN ACTIVITY, LEARN  
SOMETHING NEW,  
MEET OTHER WOMEN  
AND RELAX

EVERY THURSDAY 9.30AM - 12.30PM, THE COTTAGE, 28 CROYDON ST, LAKEMBA

## April

Asthma Prevention Workshop  
Thursday 4 April 2017  
9:30 am to 12:30 pm

Lakemba Ladies  
Lounge will be  
closed in the  
school holidays  
for 2 weeks.

Pakistani Sweet (Glulab  
Jamun)  
Thursday 27 April 2017  
9:30 am to 12:30 pm

## May

Hand Embroidery with Sabina  
Thursday 4 May 2017  
9:30 am to 12:30 pm

Hand Embroidery with Sabina  
Thursday 11 May 2017  
9:30 am to 12:30 pm

Pre-Ramadan Party  
Bring a plate to share  
Thursday 18 May 2017  
9:30 am to 12:30 pm

Hand Embroidery with Sabina  
Thursday 25 May 2017  
9:30 am to 12:30 pm

## June

Story Time - Stories from  
Bangladesh  
Thursday 1 June 2017  
9:30 am to 12:30 pm

Story Time - Stories from  
Rohynga  
Thursday 8 June 2017  
9:30 am to 12:30 pm

Story Time - Stories from  
India  
Thursday 15 June 2017  
9:30 am to 12:30 pm

Story Time - Stories from  
Pakistan  
Thursday 22 June 2017  
9:30 am to 12:30 pm

Eid Party  
Dress up & Bring a plate to share  
Thursday 29 June 2017  
9:30 am to 12:30 pm



Canterbury City  
Community Centre

If you would like more information on the Lakemba  
Ladies Lounge please call Kate or Romana on 9750 9344.



A Project of Canterbury City Community Centre

# MISSION:

# LAKEEMBA

**"What we really hope this film will do is improve the image of Lakemba and encourage more people to visit and see for themselves what a great place Lakemba is."** Nessrin Maskoun

## *Starring*

Dihider Zafar Ahamed  
Amalina Aman  
Alimah Bilda  
Annette Bird  
Areib Bukhari  
Sadiah Kashif  
Nessrine Maskoun  
Kashif Riaz  
John Rex Williams

## FILM SCREENING

**Date:** Thursday 18th MAY 2017

**Time:** 6.00pm – 7.30pm

**Venue:** The Lakemba Club

26 Quigg Street Lakemba

Light Refreshments Provided

To book your seat Call Jacinta on 9750 9344

*Canterbury*  
LEAGUE CLUB

This film was supported by  
Canterbury Leagues Club under NSW Clubgrants.



Canterbury City  
Community Centre

Community Building Community

# English & Job Skills

**This seven week course will help you get ready for work.**

Improve your spoken and written English. Prepare a resume and job applications. Practice for job interviews.  
Learn to communicate confidently in the workplace.  
Get units toward the Certificate II in Skills for Work and Vocational Pathways - a nationally recognised qualification (FSK20113)

## WHERE

Canterbury City  
Community Centre  
130 Railway Parade  
Lakemba

## WHEN

Wednesdays, 9:30am-2:30pm  
3 May 2017 until 14 June 2017  
(7 sessions)

## ARE YOU ELIGIBLE FOR THIS **FREE!** COURSE?

You can take this course if you:

- are 15 years or older and have left school
- live and work in NSW
- are an Australian or New Zealand citizen; permanent resident; humanitarian visa or bridging visa holder
- have (or are willing to get) a Unique Student Identifier

**BE QUICK – LIMITED PLACES AVAILABLE!**

**To enrol, pick up a form at Canterbury City Community Centre or contact us.**

**You must bring these documents to enrol:**

- Australian passport or citizenship document or foreign passport and visa documents or travel document or Immicard
- Centrelink card or benefits letter
- NSW Driver's License or NSW Photo ID
- USI number (Unique Student Identifier)

**FOR MORE INFORMATION PLEASE CALL...**

**Tonya Cook-Pedersen** – Sydney Community College  
EMAIL [tonya.cook-pedersen@sydneycommunitycollege.edu.au](mailto:tonya.cook-pedersen@sydneycommunitycollege.edu.au)  
PHONE 0412 247 656

**Kate Maclean** – Canterbury City Community Centre  
EMAIL [capacitybuilding@4cs.org.au](mailto:capacitybuilding@4cs.org.au) PHONE 9750 9344

**Romana Waseem** – Canterbury City Community Centre  
EMAIL [cw1@4cs.org.au](mailto:cw1@4cs.org.au) PHONE 9750 9344

Offered by Sydney Community College (RTO # 90054)  
in partnership with Canterbury City Community Centre

**SYDNEY  
COMMUNITY  
COLLEGE**

*A not-for-profit social enterprise*

 **Canterbury City  
Community Centre**  
Community Building Community

THIS TRAINING IS SUBSIDISED BY THE NSW GOVERNMENT