

# 4CS NEWS



## Men's Shed TOY SALE

FULL STORY ON PAGE 7



Listening@  
Lakemba  
Forum and  
Lunch 2017

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Cleanest St  
in Lakemba  
Winner!

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Summer  
Safety Tips  
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## WORD FROM THE CEO



Well 2017 has come and gone and the New Year has begun. Our end of year party in the park was rained out once again ... with limited space available at the 4cs we will need to make other arrangements in the future for large gatherings like this. We still managed to celebrate with quickly planned Volunteer parties and our staff lunch. We really need to find a venue large enough to hold us all and one that is indoors! We made do with some smaller events for staff and volunteers and for different teams.

Next year we will be on the look out for a larger venue – it was great nevertheless to see that 4cs community spirit at the smaller parties that were held.

### Listening@Lakemba

The Report from the successful Listening@Lakemba consultation, held in partnership with Westir and TAFE NSW, should be finalised early in the new year. Over 370 surveys were completed with additional feedback coming at the community consultation in late October. More information about the preliminary results and the follow up is contained in this newsletter.

### Haldon Street Festival

The 4cs had a strong presence at the Haldon St Festival in late October – participating in the Parade, on the stage and at our usual street stall.

As winners of the Sydney Vision Song Contest, the Voices of Lakemba were invited to perform their song 'You're Always Welcome Here in Lakemba' at the Newtown Festival two weeks after performing at Haldon St. The group are becoming seasoned performers!

### Sydney Community College Partnership

Our partnership with SCC continues with two new courses due to start in February and March. The Job Seeker Skill Up course will help participants get ready for work and the Introduction to Community Services course will deliver 5 accredited units of study and a platform to entry level community service work. Both courses are being held in the relaxed and friendly environment at The Cottage and provide lots of language and learning support.

We are also thrilled that SCC has introduced us to Macquarie Community College who will be delivering the final Units for students who have undertaken the Introduction to Childrens Services courses in 2017. The remaining Units will be delivered two days a week over 6 months and will see all participants eligible to receive the full qualification upon completion.

We are also very grateful to NSW Area Health for making meeting

space available ... without this support the course could not have proceeded.

### Canterbury Mens Shed Survey

We are currently in the process of surveying all members of the Canterbury Mens Shed to determine the level of support for them becoming an independent Incorporated Association and no longer falling under the auspice of the 4cs. This move has been initiated by a couple of members and we will support the wishes of the majority.

The 4cs has had a long association with the Canterbury Mens Shed, establishing it over 10 years ago and supporting it financially and legally all these years. It is one of the longest running Men's Sheds in Australia. We will work with the members to support its continued success and will keep you posted.

### Quality Review

As a provider of Aged Care Services the 4cs undergoes Quality Reviews every three years where our systems, policies and procedures are measured against the Home Care Common Standards. It is a very thorough process involving interviews with staff, volunteers and clients and combing through all documentation.

The 4cs underwent the Review once again in early December and

we were pleased to again receive a result of 18 criteria met out of a possible 18 from the Australian Aged Care Quality Agency.

## Aged Care Services

A great deal of work has been undertaken over the last 6 months in building the range of services available to elderly residents. Our Home Care Packages Program continues to grow and at the end of the year we had 25 clients receiving a Home Care Package from the 4cs. The numbers of people participating in our Social Inclusion groups continues to grow with groups planned for nearly every day of the week in 2018. At the end of the year our Shed Mates group merged with the Tuesday Art and Activity group, largely in response to the results of the Survey undertaken of Mens Social Support needs during 2017. We now have a monthly 'Blokies' outing on the 4th Wednesday of the month.

Garden Care has been at capacity for many years but our hard working staff are looking to recruit more volunteers in 2018 to get even more gardens done! Referrals to the Canterbury City Community Centre Aged Care Services are through My Aged Care but call Gillian at the 4cs on 9750 9344 if you would like more information about any activity or service.

## Get Active – Free Exercise Classes for Older People

The Monday Exercise Class run by the Primary Health Network at the 4cs grew in numbers during 2017 ... we had 28 people attend the last session and discussions are



underway to find a larger venue in Lakemba for 2018.

Stay tuned for more information! This has been a fantastic Program for older residents or for those with chronic health issues. Wonderful to see it so well used and valued by the community.

## 2018 - 2021 Strategic Planning Day

We are currently preparing for our Strategic Planning Day next year – this will inform and guide our work over the next three years. With major reforms in our main program areas of Aged Care and Community Builders this will be a very important process

... the plan will shape how we move forward and also how we respond to changes in our local area with urban consolidation.

## Staying in touch in 2018

There is always something new happening at the 4cs ... sometimes activities are organised at short notice and don't make it to the newsletter. We encourage everyone to Like us on facebook and that way you can stay up to date with all the latest happenings.

You can also apply to become a Member of the 4cs and support our work ... links are on the website [www.4cs.org.au](http://www.4cs.org.au)

## Trip to the Zoo

In the October '17 School holidays a large group of families from our Mum2Mum and English Classes travelled together to Taronga Zoo and spent the day sharing many first experiences ... first time on a ferry, to the zoo and to see many of the animals.

It was a lovely day with thanks to the staff at Lakemba Train Station and at Taronga Zoo for their assistance and to all the lovely families who came along.





Thank you to TAFE Students Franklin, Belinda and Rassulbe

## Community Forum and Lunch Wednesday 25th October 2017



Over 150 local residents and representatives from both community and government organisations attended the Listening@Lakemba Community forum and lunch held on the 25th October to hear and discuss the

results of the Lakemba Household Survey.

A project of our Centre in partnership with Bankstown TAFE and WESTIR, teams of Bankstown TAFE Community Services students conducted 372 surveys with householders across Lakemba.

### Survey Results

The results were revealed at the community forum where people had the chance to not only hear

the results of the survey, but also discuss solutions to the needs and concerns raised.

When asked what people liked about Lakemba the top six responses were the multicultural diversity of the suburb; sense of community; access to shops, services and facilities; transport and food. What people didn't like most was the litter and illegal dumping of household goods, followed by insufficient parking.



The survey also highlighted what people thought were the top needs in the area, these included education campaigns to improve the cleanliness of the suburb, more recreational and sporting facilities particularly the need for a public swimming pool with access for women's only swimming sessions. These were followed closely by the need for improved facilities in parks including playgrounds, more free activities for children and young people, as well as increased access to adult education courses.

Overwhelmingly Lakemba's vibrant and diverse population was seen as a real positive for people living in the area and something that should be celebrated and promoted as an example of how different cultures can live harmoniously together and celebrate their different cultures.

In the survey 82% of people said they were born overseas and the total number of countries they came from was 48. Prakash Chand, a participant at the forum, who has lived in Lakemba for several years stated: "I knew there were a lot of different people living in Lakemba, just in my apartment block there are people from India, Fiji, Pakistan, Syria and Turkey, but to see the 48 different countries listed, I couldn't believe how multi-cultural Lakemba really is!"

At the forum people discussed the results in small groups to look at



solutions to the issues raised, with many people offering innovative ideas and keen to be involved in making a change.

### Listening@Lakemba Report 2018

WESTIR is currently writing the Listening@Lakemba Report 2018 which will highlight the results from the survey and community forum. Our Centre, along with other local organisations and community

members, will use the report to help plan activities and services for the area and most importantly use it as a map to meet the needs and concerns identified by the community.

If you would like more information about Listening@Lakemba or a copy of the Report to be released in January 2018, please contact Kate at Canterbury City Community Centre on 9750 9344 or email [capacitybuilding@4cs.org.au](mailto:capacitybuilding@4cs.org.au)



# INTRODUCTION TO

# Community Services

**A course to introduce you to work in community services and build your confidence for further study.**

Do you want a job helping people meet their needs?

You will learn about entry-level community service work. You will study five units from the Certificate II in Community Services (CHC22015), with a focus on building English language and learning skills. You will learn about Australian workplace health and safety (WHS) issues and working in diverse communities.

You can go on to complete a Certificate II or higher level study in more specialised fields like Individual Support and Early Childhood Education and Care.

## WHERE

**4Cs Cottage**  
28 Croydon Street  
Lakemba

## WHEN

**Mondays, 9:30am – 2:30pm**  
26 February 2018 until 4 June 2018  
12 sessions  
(no classes during school holidays)

## 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 or humanitarian visa holder (sorry - bridging visas not eligible)
- have (or are willing to get) a Unique Student Identifier



## TO APPLY PLEASE COME TO THE INFORMATION SESSION

**Monday 12 February 2018, 10am**

**4Cs Cottage**  
**28 Croydon Street, Lakemba**

The information and enrolment session will last up to two hours.



### To enrol, please bring:

- 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

**Jacinta Buhck** – Canterbury City Community Centre  
EMAIL [customerservice@4cs.org.au](mailto:customerservice@4cs.org.au) PHONE 9750 9344

**Romana Waseem** – Canterbury City Community Centre  
EMAIL [cw1@4cs.org.au](mailto:cw1@4cs.org.au) PHONE 0412 270 811

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

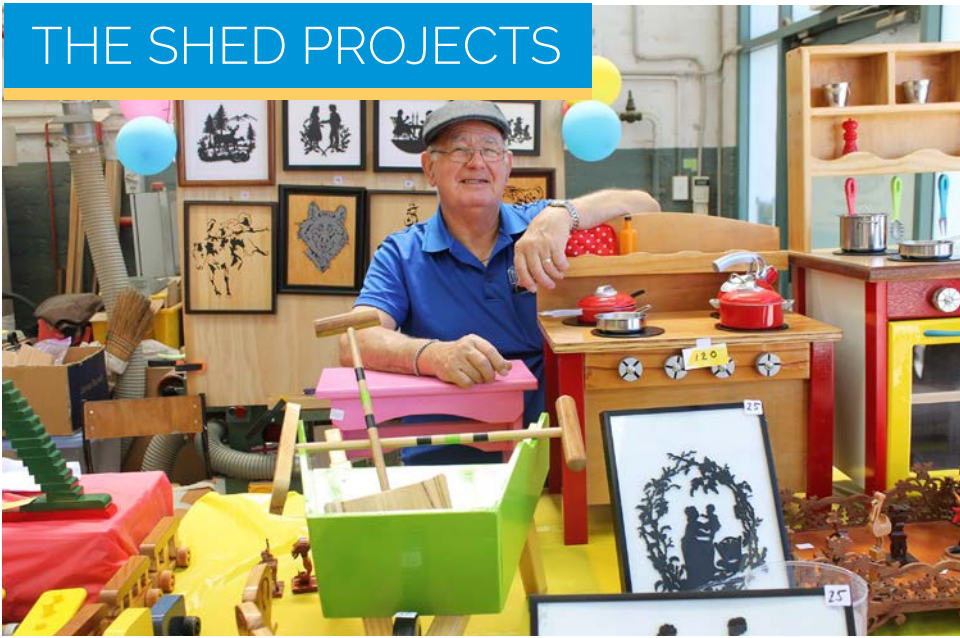
**SYDNEY  
COMMUNITY  
COLLEGE**

*A not-for-profit social enterprise*



THIS TRAINING IS SUBSIDISED BY THE NSW GOVERNMENT

# THE SHED PROJECTS



The Men's Shed completed a number of projects at the end of the year, while still preparing for the Annual Toy sale.... more about that below. Projects are undertaken in consultation with other not-for-profit Organisations or as community initiatives on behalf of Council with the Shed being reimbursed for any expenses.

We made 6 "Little Free Libraries" for Lakemba Schools as a Community Centre, who will be getting them placed around the area as part of the "Paint the Town REAd" initiative.

"Paint the Town REAd" is a national initiative to encourage children to read more. Currently, it happens in over 50 locations in Australia. So, keep an eye out for 6 red "Little Free Libraries" that might be popping up somewhere near you soon.

We also continued to make more habitat boxes and "bug hotels" for Canterbury – Bankstown Council, with the "bug hotels" also going to local schools for the students to learn about the importance of bio – diversity. The bug hotels create chambers for individual bugs to rest and lay their eggs ... a little bit like an Air Bee'n'Bee! We've included a photo of one of the hotels in the process of being furnished.

## Annual Toy and Craft Sale

The Annual Sale on Saturday 25th November raised just over \$2000 on the day, but items were still selling with some "late customers" snapping up some great Christmas presents.

Even though sales were down on the day, it was still a huge achievement

for the members who had been working hard all year in preparation. By the end of the year the Shed had raised a total of \$4355 which was the second highest amount raised in Shed Toy Sale history .... The result achieved in 2016 just a little too hard to beat! Well done to all involved.

## Bike Shed

The Bike Shed had some refurbished bikes on sale as well. Lately, Bike Shed members have been busier and busier at our bi-monthly meetings, with more and more people coming in to have their bikes repaired and to see what refurbished bikes we have for sale.

With the Bike Sheds' on-going presence at the Lakemba Markets, it seems their reputation as the "go to" local experts on everything "bikes" is growing. Hopefully next year we can continue this success and even take it a bit further.

## Thank you

The success of the Men's and Bike Sheds is largely due to the members' commitment to the Shed principles of friendship, sharing and giving back to the community. Special mention needs to go the Men's Shed steering committee Bruno, Denis K, Dennis R, Francis, Jacques, Jim and Ted – as well as "honorary" members Laurie, Sean and Stan – for making sure everything works like a well-oiled machine.

And for the Bike Shed, thanks for Allan for his expertise and direction and to Con for his efforts in "waste control".

We finished the year with the Annual Christmas lunch at Campsie RSL – thanks to everyone at Campsie RSL for their support and for looking after us all so well on the day. 2018 may see some changes at the Shed and we'll keep you posted.



# SOCIAL INCLUSION & WELLNESS

The aim of the 4cs Social Inclusion and Wellness Program is to provide clients with social contact with a group of their peers. Being socially connected as people get older is vitally important for their health and wellbeing. People are happier and live longer if they are able to stay socially active.

The 4cs offers the following Groups for older people 65 years and over.

## Tuesday Social and Activities Group

Has a focus on arts and crafts and games. The group enjoys morning tea and lunch together and the opportunity for plenty of conversation. Once a month the group heads off to enjoy an outing together, perhaps a picnic or a special lunch at a restaurant or club. Wednesday is a busy day at the Centre with 3 different monthly Groups to pick from:

## Wednesday Wanderers

On the 1st Wednesday of each month we have the exciting Wednesday Wanderers. The Wanderers visit a different location each month including an Op Shop tour of the Wollongong area and lunch in the Royal National Park.

## Discussion & Morning Tea

On the 2nd Wednesday of each month we hold an Information and Discussion Morning. Come in and hear a variety of interesting speakers including someone from Vision Australia, the Independent Living Centre and Nutritionists showing how to prepare healthy and yummy meals for one. This is also your opportunity to tell us what you would like to do and who you would like to hear! Join us for Morning Tea.

## Garden Lovers

On the 3rd Wednesday of each month we have the Evergreen Garden Lovers Group. If you love Gardens, Gardening or The Great Outdoors you will love this group. Recent trips include the Auburn Botanic Garden, Plants Plus Nursery and Café.

## Blokes Day Out

On the 4th Wednesday of each month look out for Blokes Day Out. This is a new group for men who like to socialise together. They will be heading out to a variety of destinations depending on the interests of the members.

## 4cs Friendship Group

Each Thursday the 4cs Friendship Group gets together for a morning of friendship and laughter. Morning tea, a game of bingo, guest speakers, lunch and monthly outings are all part of the morning.

## Friday Knitting Group

We always know when the Friday Knitting Group is at the Centre because of the howls of laughter! This group gets together over a love of knitting and crocheting – and of each other's company. Items knitted may be donated to a local charity. Morning tea is provided as well as lunch.

## 2018

2018 is set to be an exciting year at the Centre for Social Support – with something for everyone. If you would like to join one of our groups you can call My Aged Care on 1800 200 422 and ask to be referred to Canterbury City Community Centres Social Inclusion and Wellness program or call Alison on 9750 9344



## Monday Shoppers

Due to popular demand, this February we are launching our Monday Shopper Trips.

This is for clients over 65 who would like to do some light shopping. This is not meant to be for people doing their large weekly shop – but rather picking up a few items or to do some specialty shopping; perhaps some clothes shopping; to pay some bills at the Post Office; to buy a special gift for someone or just to have a leisurely browse of the sales!

Having a sit down and a cuppa together at one of the local cafes will also be a feature of this service – the opportunity to get to know each other and enjoy each other's company.

We will be alternating this service between Roselands Shopping Centre and Marrickville Metro. Both centres include large supermarkets, variety stores as well as an interesting range of food, clothing and other specialty shops.

We will be using our own small bus and supporting shoppers with staff and volunteers to lend a hand. If you are interested in being part of the Monday Shoppers or would like more information please call Alison on 9750 9344.



# Outreach Services 2018

Need help ? Based at the Centre, maybe one of the 3 services below could help you!

Call our Centre on 9750 9344 to make a FREE and CONFIDENTIAL appointment.

## Counselling for Refugees and Asylum Seekers - STARTTS

Suvangi Koirala, a counsellor from the NSW Service for the Treatment and Rehabilitation of Torture and Trauma Survivors (STARTTS), is at our Centre every Friday to provide FREE support and counselling for people who have experienced trauma and are having difficulties as a result.

Dealing with being in a new country while coping with terrible memories in the past can impact on people's everyday living. The counsellor can help people:

- Talking about their worries or difficulties
- Assisting the person find ways of coping with their feelings
- Connecting them with relevant services and support
- Helping the person understand how Australia works.

To make an appointment please call STARTTS directly on 02 9794 1900

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## Financial Counselling and Assistance – Metro Assist

If you are having difficulty managing your money and worried about how to pay bills and debts then come and visit Neena Diwan from Metro Assist on Thursdays.

A Financial counsellor can help if you are:

- Struggling to pay your utility bills
- Falling behind on loan or credit card payments
- About to have your electricity, gas or water disconnected
- Having difficulty paying fines or a mortgage.

To book an appointment please call the Centre on 9750 9344.

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## Providing Help for Asylum Seekers - Red Cross

Red Cross Migration Support Program provides support to people who have arrived in Australia seeking protection. We work with people regardless of how they arrived in Australia and regardless of their immigration status.

We believe that everyone deserves the right to dignity and respect. Asylum seekers can face extreme hardship and uncertainty about the future. Our programs are designed to provide support and opportunities for asylum seekers while they resolve their immigration status.

Jo Wiriha, Support Worker, Migration Support Programs Red Cross is available every Tuesday for appointments.

To organise a time, you can call the Centre on 9750 9344.

Email [jwiriha@redcross.org.au](mailto:jwiriha@redcross.org.au) or call 02 8265-3085



## Free English Classes for Women

The 4cs has two English classes for Women starting in Term 1 – at both Beginner/Intermediate (Wednesdays) and Intermediate/Advanced (Tuesdays) levels.

The classes are free and held during school hours at The Cottage, 28 Croydon St Lakemba.

Our classes are held in a friendly relaxed setting and provide an opportunity to practice your English language skills.

To enrol you will need to come to the Information Session:

### Beginners to Intermediate

Enrolment Session Wednesday  
7 February 2018  
12:30 pm to 2:30 pm

### Intermediate to Advanced

Enrolment Session Tuesday  
6 February 2018  
12:30 pm to 2:30 pm

To find out more call  
[9750 9344](tel:97509344)/[4cs.org.au](http://4cs.org.au)



Canterbury City  
Community Centre  
Community Building Community



consisted of over 20 stall holders from the Canterbury/Bankstown area. Organisations included the Greenacre Community Centre, The Smith Family and Scouts NSW.

A big thank you to our volunteers Anna, Ann and Robert who supported us on the day. We received Volunteer Registrations for our Garden Care and Social Support Services and we look forward to the new recruits joining the volunteer team at the 4cs!

## Volunteer in Your Community- New Promotional Postcard Has Arrived!

In the last few weeks STARS have been out and about distributing the new Volunteer Recruitment Postcard. The new promotional tool has been sent out to key volunteer organisations, distributed at local events and coffee shops! Look out for the postcards in your local community or drop into the Centre and learn more about volunteering in your community.

Please call 9750 9344 or email [starsrecruitment@4cs.org.au](mailto:starsrecruitment@4cs.org.au) to find out more about becoming a volunteer.

## VOLUNTEERING

### 4cs Volunteer Recruitment Session

In September a Volunteer Recruitment Session was held at the Centre aimed at recruiting new volunteers for the Garden Care and Social Support Programs. It was a great opportunity and real pleasure to work in partnership with some of our current volunteers who talked passionately about volunteering at the 4cs! Participants were treated to a delicious lunch.

From the session we recruited several new volunteers to the Garden Care and the Social Inclusion and Wellness Program - welcome aboard!

**Sally from Newtown....** 'Having heard about Garden Care from a friend I went to the Recruitment Session in September to learn more and immediately applied to become a volunteer. I found the session very helpful in making my decision and it was a particularly good meeting talking to existing volunteers. I was really impressed with how supportive

*the Community Centre is of volunteers and look forward to being part of the scheme.'*

### Bankstown Volunteer Expo to Celebrate International Volunteer Day

Chester Hill Neighbourhood Centre hosted a Volunteer Expo at the Bankstown Sports Club on December 5 to coincide with International Volunteer Day. Supported by the 4cs the event



# Provide First Aid (HLTAID003) Provide Cardiopulmonary Resuscitation (HLTAID001)



This training course will give you the skills and knowledge required to provide First Aid response, in a range of situations,



## Topics cover in face to face training:

- Legal framework, duty of care
- Recovery position
- Cardiopulmonary resuscitation
- Defibrillator (AED)
- Bandaging and slings
- Medical emergencies
- Asthma/Anaphylaxis

### When:

Monday  
19 February 2018  
9:30 am to 4:30 pm

### Where:

The Carrington Centre  
2 Carrington Square  
Campsie NSW 2194

### Cost:

\$50 CHSP/CCSP  
volunteers, \$90  
CHSP/CCSP staff,  
\$125 others

### All students to bring:

Photo identification; water bottle and lunch; wear comfortable clothing suitable to kneel on floor to do CPR practice; Unique Student Identifier (USI)



Supported by funding from the NSW and Australian government under the CHSP/CCSP programs

Bookings and enquiries **9750 9344** or **customerservice@4cs.org.au**

# Lakemba Community Garden



## Bunnings Herb Spiral

The year is almost finished and we have completed our new herb spiral at the Lakemba Community Garden, just in time for summer! Over our past two Saturday morning working bees, we have created another fantastic garden using our brains, sweat and green fingers.

We also were lucky enough to have a lot of the materials for the garden donated by Bunnings Greenacre. The whole garden is looking fantastic so please come and take a look!

## Natural Pest Management Workshop

Saturday 17 March  
9:00 am to 11:00 am

Lakemba Community  
Garden, Jubilee Reserve  
(Cnr Railway Parade &  
Bellevue Rd) Lakemba

Bookings Essential Call 9750 9344



## Working Bees

Come along and meet other gardeners!

Work on common areas together!

The 1st hour we work, the 2nd hour we learn.

Come share company, ideas and seeds.

It is always a lovely morning.

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:

3rd February 8:30 to 10:30 am

3rd March 8:30 to 10:30 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 Milo is available every second Thursday to assist in the Community Garden.

Contact Milo on 9750 9344  
or [gc7@4cs.org.au](mailto:gc7@4cs.org.au)



# GARDEN CARE

## What's Been Happening

A lot has been happening in Garden Care over the past few months.

We have pruned and weeded, mulched, papered, transformed, renovated, dug up, transplanted, sprayed, watered, gurneyed and chainsawed right through the long spring and summer days!

The Garden Care team works hard to make home gardens safe and proud places for our elderly clients.

## Team Update

Besides all the gardening, we have been happily growing the Garden Care team. Welcome to our new volunteers Sally, Sonia and Jack who all started at the end of 2017.

We also welcome Pam Campbell our new Garden Care Support Worker who is working Mondays to Thursdays for the next 6 months, and casual Garden Care Assistants Joan Pratt and Eric Chang.

## Garden Care Volunteering Video

In other exciting news... Garden Care was the recipient of a 2017

Inner West Council Community Grant to make a short video about volunteering with us.

We are hoping to build the number of volunteers in Garden Care in 2018 and a short video promoting the excellent work our Volunteers do could help!

We have begun working with Art Resistance - the team that made Mission Lakemba- and hope to have the film finished by April ... stay tuned!

## Lawn Mowing Update

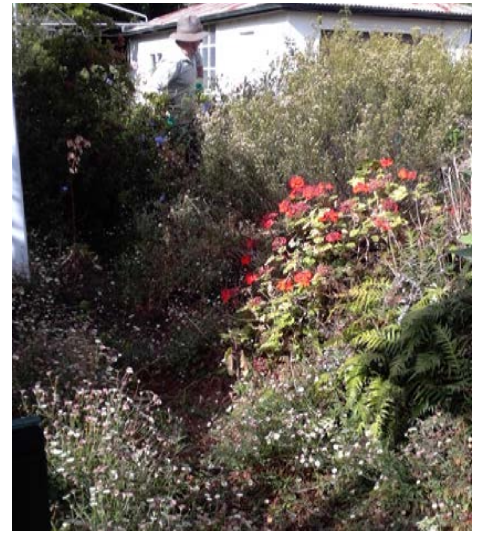
Garden Care has 13 very hardworking Contractors who mow lawns on our behalf for frail aged clients in the area we cover.

One such Contractor who has been with us since the beginning is Eric Arthur who has just announced his retirement.

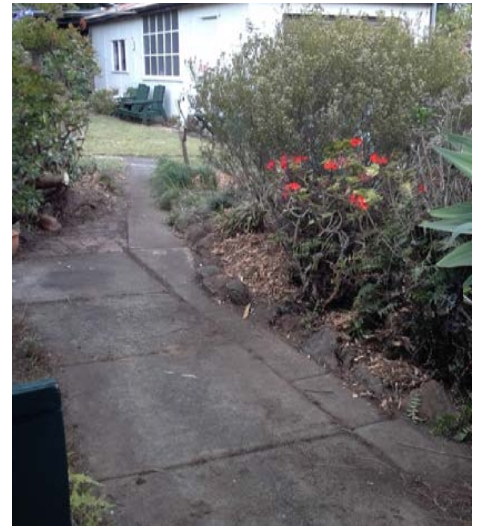
Eric has been a delight to work with and is very well thought of by the 4cs and Garden Care staff and our clients.

We wish Eric a wonderful and happy retirement!

Thanks Eric.



*The two photos (above and below) show a before and after transformation of the garden near a pathway we cleaned so that the client could get to their washing line.*



## Training Update

Garden Care offers regular opportunities for staff and volunteers to develop their skills, through providing training opportunities as well as learning on the job. Our staff and Volunteers are pictured to the left at a recent Manual Handling training course, learning safe manual handling techniques to prevent injuries and keep everyone safe on the job.

All of us from the Garden Care Team are looking forward to 2018 being a year of good health out in the garden - lots of water and microbreaks!



## LEARNING ENGLISH IN THE NEW YEAR

Canterbury City Community Centre is offering classes for people to practice their spoken and written English, develop confidence and learn together with other local residents in a relaxed and friendly environment.

Classes are free and held during school hours. A third class is offered in partnership with Sydney Community College and has a focus for women wanting to get ready for work. A fourth class caters to women with young children aged 0 – 5 years for them to come together to learn and practice their English in a playgroup setting.

To enrol you will need to come to the Information and Enrolment Sessions, details below:

### Free English Conversation Classes for Women - Beginners to Intermediate

This class is especially for women wanting to improve their English in a small conversation group with other local women. At beginner and intermediate levels the classes are held every Wednesday between

12.30 pm and 2.30 pm during school term. Limited childminding is available.

**Information and Enrolment Session on Wednesday 7th February 2018 at 12.30 pm, The Cottage, 28 Croydon St Lakemba.**

### Free English Classes for Women - Intermediate to Advanced

Practice English for everyday use to help increase your opportunity for study and employment in this class at Intermediate and advanced levels.

Classes are held every Tuesday between 12.30 pm and 2.30 pm during school terms.

**Information and Enrolment Session on Tuesday 6th February 2018 at 12.30 pm, The Cottage 28 Croydon St Lakemba.**

### English and Job Skills for Women

A 12 week course for women to

help you get ready for work.

This is a new partnership opportunity with Sydney Community College and will help participants improve their spoken and written English skills, prepare a resume and job application, and learn about communication in the workplace.

Course will run every Friday from 9.30 am – 2.30 pm.

**Information and Enrolment Session on Friday 16th February 2018 at 12.30 pm, The Cottage 28 Croydon St Lakemba.**

### Mum 2 Mum - Beginners level, must have children aged 0 – 5 years.

Join in a formal English class as well as practice your English together with other mums. Every Monday from 9.30 am – 11.30 am.

**Starting Monday 5th February 2018  
The Main Hall,  
Hampden Park Public School,  
Hampden Road, Lakemba**

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.

## No Markets on Saturday 6 January 2018

### Chinese New Year

Saturday 3rd February - Come and celebrate the Year of the Dog at the markets with local performances, lots of stalls, activities, great food and fun.

### International Women's Day

Saturday 3rd March - A special day for women with performances, Free Chai, dance workshops and Free Henna tattoo.

### 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:

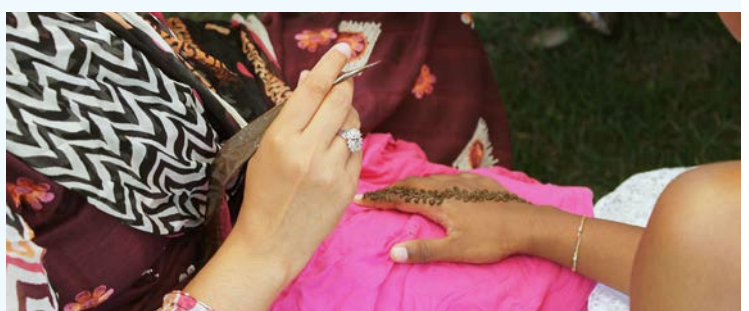
website: [www.4cs.org.au](http://www.4cs.org.au)  
or call: 4cs on 9750 9344,  
mobile 0431 127 288 or  
or email [markets@4cs.org.au](mailto:markets@4cs.org.au).

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 10:00 am to 4:00 pm

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





A project of Environment@Lakemba, the Cleanest Street in Lakemba Competition saw a large number of entries with 48 household entrants and a total of 14 streets entered into the competition. Supported by Canterbury City Community Centre and Canterbury Bankstown City Council the competition encouraged local residents to reduce litter and illegal household dumping.

Streets were judged during September and October on the amount of litter, illegally dumped goods and the general tidiness of their nature strips. With audits of all streets conducted pre, during and post the competition, it was great to see a big reduction in litter on those streets entered. Encouraged by the competition, groups of residents also did several general clean ups,

picking up rubbish from not only their own street but surrounding streets as well. "It was great to see young and old cleaning up the streets, people really want to help make Lakemba a clean and attractive place to live," said MD Abul Kalam Azad who organised his neighbours and friends to help clean.

The winners were announced at the Haldon Street Festival by local Member of Parliament, Mr Jihad Dib. The Winning Street went to Croydon St South, while the most improved street went to Fairmount St. Everyone who entered was acknowledged at a special dinner and awards presentation night on the 21st of November where Deputy Mayor, Councillor Nadia Saleh presented all participants in the

winning streets with a Certificate of Achievement.

Canterbury Bankstown Council have also acknowledged the winning streets with their own special street signage and a billboard at Lakemba train station also acknowledges the winner.

Pleased with the success of the competition, Environment@Lakemba are hoping to run the competition again next year. In the meantime if you would like to be involved in helping keep Lakemba clean and improving the environment, contact Kate at Canterbury City Community Centre on 9750 9344. Environment@Lakemba meets every second month at the Centre from 5.30 to 7.30 pm and new people are always welcome.!

# CROYDON ST SOUTH

**Cleanest St**

Lakemba Competition

**WINNER!!**



Love where you live



Want to know more visit [www.4cs.org.au](http://www.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

Closed during  
School Holidays  
and Re-opens  
Thursday  
1 February 2018

## February

### Welcome Morning Tea

Thursday 1 February 2018

9:30 am to 12:30 pm

### Stories of our Mothers

Share your mums favourite  
recipe/story/tips with us!

Thursday 8 February 2018

9:30 am to 12:30 pm

### Stories of our Mothers-in-Law

Share your mother-in-laws  
favourite recipe/story/tips  
with us!

Thursday 15 February 2018

9:30 am to 12:30 pm

### Out and About

Excursion to Carrs Park

Thursday 22 February 2018

9:30 am to 12:30 pm

## March

### Healthy Lifestyle

Guest Speaker

Thursday 1 March 2018

9:30 am to 12:30 pm

### International Women's Day Celebration

Enjoy a movie and lunch

Thursday 8 March 2018

9:30 am to 12:30 pm

### Healthy Snacks with Asma and Arshia

Come along and swap recipes

Thursday 15 March 2018

9:30 am to 12:30 pm

### Out and About

Come and try Ten Pin Bowling

Thursday 22 March 2018

9:30 am to 12:30 pm



Canterbury City  
Community Centre

Community Building Community

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

# HOME CARE PACKAGES



## Growing the Service

Canterbury City Community Centre's Home Care Package program is continuing to offer great quality services to local clients and making a difference in their lives.

Our service is growing and we continue to receive referrals from local residents. We have been promoting our service by displaying our posters and distributing our brochures through local libraries, medical centres and hospitals. We also find that word of mouth is a powerful tool and clients who are happy with the support they are receiving from us are recommending us to others.

Clients who are receiving services from the 4cs under the Commonwealth Home Support Program (CHSP) such as Garden Care or the Social Inclusion and Wellness Program, are choosing to opt for continuity of support as their needs change and they become eligible for a package. Having already established a connection with us and a trust in the quality of our services to transition to a package with 4cs as the provider is an easy choice.

Home Care Packages offer more complex care at home for clients

65 years and over with higher care needs. There are four levels of packages and all offer a coordinated suite of services including personal care, transport, domestic assistance and allied health clinical services.

Services are consumer directed, which means they are tailored for a client, according to their needs and goals. The client and provider work in partnership to ensure that services are best meeting the needs of the client. They are also flexible as the needs of the client change.

We currently have 14 Direct Care Staff who work with our clients out in the field. All are qualified and experienced professionals who are also friendly and caring. Knowing our staff means that we can match them with clients for the best possible fit. Our staff speak a number of community languages including Nepalese, Vietnamese, Chinese, Fijian, Spanish and Greek.

Our staff also regularly attend training to learn new skills and update old ones as well as support meetings where any issues can be raised and resolved.

The Home Care Package Coordinator Gina Gericke has a wealth of knowledge around the program and is happy to talk to potential clients

who are weighing up their options. She can explain the program in plain English so that clients and their family have a clear understanding of what to expect.

Clients are also monitored and re-assessed to ensure that services continue to meet their needs. Some examples of the range of support services we have provided to our clients include:

- help with cleaning and doing the laundry (including ironing)
- doing supermarket shopping on-line
- assistance to cook meals
- transporting and accompanying to physiotherapy
- transporting and accompanying to the gym
- accompanying to the movies
- home nursing – including wound-dressing and assistance with medication
- visiting a dietician

We still have capacity to grow the program even more and take on new clients and staff.

Call Gina on 9750 9344 if you are interested in receiving a Home Care Package from the 4cs or for further information on the HCP Program.

# Summer Safety Tips for Seniors

While many of us look forward to the warm weather that summer brings, it can also bring with it challenges for older people to keep well and healthy. Older people can be particularly at risk from the effects of the sun and the heat, so here are a few tips to keep you safe during this time.

## Stay out of the Sun

Stay out of the sun as much as possible. Perhaps have your walk early in the day before the sun is strong or wait until early evening when it has cooled down a bit to get your regular exercise.

## Drink plenty of liquids

Drink plenty of liquids – smaller amounts on a regular basis will help to keep your body hydrated.

## Avoid Alcohol

Try to avoid too much alcohol or coffee as these will cause your body to become dehydrated.

## Dress Appropriately

Dress appropriately in comfortable, light loose-fitting clothing. Natural fabrics like cotton are best as they breathe and allow the air through. Light colours reflect the heat and keep you cool.

## Stay Indoors

Stay indoors on extreme heat days! If you have to go out call a taxi or ask a friend to take you out. Don't wait outside for a bus in extreme heat.

If you absolutely have to be outside, protect yourself from sun damage by wearing a hat, sunglasses, protective

clothes and a sunscreen of SPF 30 or higher. Keeping the blinds and/or curtains closed in your home will keep your house cool.

## Put the Air Conditioner On

If you have an air conditioner put it on! If not you can find somewhere that does. For example a movie theatre, a shopping centre, community centre or a friend or relative's house (and they will be paying the electricity bill!!)

## Have a Shower

A great way to cool down in the heat is to take a tepid shower or bath (not too cold) or cool yourself with a wet washcloth to the face or body.

## Signs of Heat Stroke

Signs of heat stroke can include: a flushed face, high body temperature, headache, nausea, rapid pulse, dizziness and confusion. If you feel these symptoms coming on call an ambulance on 000.

## Health and Lifestyle

Health and lifestyle may increase the risk of being vulnerable to the heat – including poor circulation, high blood pressure, heart, lung and kidney diseases, being substantially underweight or overweight; or drinking alcohol. Be aware of the risks.

## Keep in Touch

Keep in touch with family and friends on the phone. If you have no one close by let a service provider or local community centre know that you will be home alone so someone can keep an eye on you!

## SMOKE ALARMS SAVE LIVES

### What you need to know

Did you know that all NSW residents must have at least one working smoke alarm installed on each level of their home?

Smoke alarms are life-saving devices that detect smoke well before any sleeping occupant would and provide critical seconds to enable residents to act to save life and property.

Smoke alarms are designed to detect fire smoke and emit a loud and distinctive sound to alert occupants of potential danger.

Smoke alarms must comply with Australian standards (this will be clearly marked on the packaging) & are available in major supermarkets & hardware stores.

If you own your own home it is your responsibility to ensure that smoke alarms are appropriately fitted. If you rent your home or unit then the landlord is responsible for this.

The new wave of smoke alarms last for 10 years and are fitted with long-lasting lithium batteries. After 10 years the whole system is replaced so there is no need for complicated tracking of expiring batteries and replacement each year.

For people who are deaf or hard of hearing, strobe light and vibrating pad smoke alarms are available.

Your local Fire and Rescue Station can assist people who are over 65 with installation and replacement of smoke alarms. See below for a list of contacts for local Fire and Rescue Stations:

Lakemba	9759 5252
Campsie	9787 1668
Riverwood	9534 4090
Ashfield	9798 6214
Burwood	9744 8406
Concord	9763 1648
Marrickville	9560 1265
Newtown	9557 5260

If you are over 65 and a resident of Canterbury-Bankstown Council, council can assist with purchase and/or installation of the smoke alarms. You can call 9789 9594 for more information.

Over 65 year old residents of Leichhardt, Balmain and surrounding suburbs can contact Chris McCutcheon, Coordinator, Inner West Home Maintenance and Modifications on 9367 9354.



# Job Seeker Skill Up

**This 12 week course will help you get ready for work.**

Do you want to improve your English, learning and other work skills so you can get new qualifications or a job?

Have you completed your Adult Migrant English Program (AMEP) hours and need more practice?

Complete units from the Certificate II in Skills for Work and Vocational Pathways (FSK20113), gain confidence and learn more about how to get a job.

Study with us at 4Cs.

## WHERE

**4Cs Cottage**  
28 Croydon Street  
Lakemba

## WHEN

**Fridays, 9:30am – 2:30pm**  
2 March 2018 until 8 June 2018

12 sessions  
(no classes during school holidays)

## 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



## TO APPLY PLEASE COME TO THE INFORMATION SESSION

**Friday 16 February 2018, 10am**

**4Cs Cottage**  
**28 Croydon Street, Lakemba**

The information and enrolment session will last up to three hours.

### To enrol, please bring:

- 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

**Jacinta Buhck** – Canterbury City Community Centre  
EMAIL [customerservice@4cs.org.au](mailto:customerservice@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**

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THIS TRAINING IS SUBSIDISED BY THE NSW GOVERNMENT