

## Home Care Packages starting at the 4cs

We have recently heard that our application to deliver Home Care Packages in the Inner West was successful in the latest Aged Care Assessment Round. As most of you would know, we have delivered Commonwealth Home Support Program Services (formerly known as HACC Services) over many years. Packages are the next level of community care for Aged residents before Residential Care.

The decision is a very positive step for the Centre in delivering Consumer Directed Care and continuity of care for our elderly clients. It is also a very positive step for our Organisation as the CHSP and Home Care Packages are likely to be integrated into the one Program from July 1 2018. We will certainly be very busy over the next two months while we get ready! We are very excited about the challenge and about being able to deliver even more services into the future.

Behind the scenes over the last few months we have seen two of our longest serving Board members leave the 4cs after many years of Service. Neta Yallop OAM, a foundation and 4cs Life Member, has retired for health reasons and will be sorely missed. Neta has always provided wise counsel at Board Meetings and kept much of the Organisations history in her memory. Our Treasurer Phil Schwenke has also retired from the Board after 5 years in the role to dedicate more time to his business and in awareness of the additional travelling that will be required. Phil has implemented many small and large improvements to our accounts during his time as Treasurer,

leaving the 4cs in a strong financial position. The Board awarded Phil Life Membership in recognition of his contribution. Thank you to both Phil and Neta for their support of the 4cs.

At this time we also welcome new members to the Board – Nicole Yade, Skye Laris and Okechukwu Nwanoka. We recruited Board members on the basis of meeting criteria in the Board Skills Matrix and were humbled by the extraordinary response from incredibly qualified and skilled people who wanted to support our work. Nicole, Okechukwu and Skye bring with them a broad experience in direct service provision to families and children from CALD backgrounds, public health, aged and disability services, journalism, social media, Human Resource Management and most importantly a passion for our local communities. Welcome all!

We are currently undertaking an internal review of our CHSP services and structure in an attempt to re-think how we manage and deliver these services. The rate of change we are experiencing has created changes to our requirements and how we must support and manage our services – this review will be happening over the next two months. This review is even more timely now considering our future as a provider of Home Care Packages.

Our new Website is being well used but experienced a glitch soon after its launch when the company which developed it went into administration before we were able to activate the Subscription function. We now have alternate arrangements in place so if you

subscribed to our newsletter (via the website) please do so again!

Next month we celebrate National Volunteer Week and are very happy to treat all the 4cs Volunteers to a delicious breakfast at the Centre on Wednesday 11th May – it is a small way to say Thank You for the amazing work of our volunteers throughout the year. We couldn't deliver the Services we do without their support!



In March I was privileged to be nominated by Canterbury MP Linda Burney on the Honour Roll in the NSW Women of the Year Awards for International Women's Day. The Awards Ceremony at Parliament House was a testament to the contribution women make in local communities every day – and it was pleasing to see so many women who work in Neighbourhood and Community Centres nominated.

While there has been a lot happening behind the scenes we continue to deliver a range of new and long standing activities and programs in our community – there are plenty of reasons to get involved!

Liz Messih, CEO

# celebrating National Volunteer Week 2016

## At the Centre 9-15 May

The Centre will be celebrating National Volunteer Week 2016 (May 9 – May 15) by hosting a very special Volunteer Breakfast for all the Canterbury City Community Centre volunteers who enhance the work of the Centre every day.

National Volunteer Week (NVW) is an annual celebration to acknowledge the generous contribution of our nation's volunteers. With the theme Give Happy, Live Happy, introduced in 2015, we continue to celebrate and explore the research that shows volunteers live happier and healthier lives. Did you know:

- Sustained volunteering is associated with better mental health
- Altruistic emotions and behaviours are associated with greater well-being, health and longevity
- Volunteering results in a "helpers high" - a powerful physical and emotional feeling experienced when directly helping others
- 96% of volunteers say that "it makes people happier"

Our Centre has the most amazing team of volunteers, without whom we would not be able to provide the range of services and activities that we offer. Our volunteers inspire us constantly and it is a pleasure and privilege to work with them.

We enjoy being able to say Thank You, by putting on an annual Volunteer Week event and letting the volunteers be looked after for a change!

On Wednesday 11 May the Centre will transform into "Lakemba Towers Hotel" for a swish catered breakfast and barista-made coffee!! Served to our volunteers by smartly attired "hotel staff" with a strong customer focus!!

If you are a volunteer at the Centre, you will soon receive an invitation to attend this enjoyable event.

***Wednesday 11 May, 8:30 am to 10:30 am, Lakemba Towers  
Hotel (in the Centre's hall!)***

## National Volunteer Week 4cs Volunteer Breakfast

Wednesday 11<sup>th</sup> May 2016

from 8.30 am to 10.30 am

at Canterbury City Community Centre

130 Railway Parade Lakemba

Music \* Entertainment \* Food \* Great Company!

RSVP's essential to 9750 9344



**GIVE HAPPY  
LIVE HAPPY**

A circular logo for National Volunteer Week 2016, with the text "NATIONAL VOLUNTEER WEEK" around the perimeter and "9-15 MAY 2016" in the center.

**NATIONAL VOLUNTEER WEEK**  
9-15 MAY 2016





*The new BreastScreen NSW Van is coming to Lakemba for the first time for 3 weeks from:*  
*Monday 16 May to Friday 3 June 2016*  
*Loacated at Browning St, next to Lakemba Library.*

**Call 13 20 50**  
 to book a free mammogram  
 No GP referral is required.

Mel from BreastScreen NSW is working with us and other local community organisations to encourage local women to get their Mammogram. To do this there will be;

- 8 – 10 walk in appointments per day – while calling and booking an appointment is preferable, there will be space for women who just turn up.
- community groups can do group bookings
- an interpreter on the bus most days.

Come to the **WELCOME MORNING TEA ON MONDAY 16 MAY, 10 AM to 12 NOON** where you can do a tour of the bus, check out what having a mammogram involves and get some health information.

It is recommended that women between the ages of 40 and 79 get a mammogram every 2 years.

**To call and book your appointment call 13 20 50**

## Help for Asylum Seekers at 4CS

**Sally McDonnell-Adams**

My name is Sally McDonnell-Adams and I work for the Red Cross Migration Support Program within the Community Development team.

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.

As of the 5th April I will be providing support to our clients as well as the wider community in the Canterbury City Community Centre outreach space on Tuesday's between 10am-2pm.

If you would like to meet me and have a chat I would love to meet with you! To organise a time, you can email me on [smcdonnelladams@redcross.org.au](mailto:smcdonnelladams@redcross.org.au) or the Community Development team on [nswmspcomdev@redcross.org.au](mailto:nswmspcomdev@redcross.org.au) or call me on 0481408883 or 02 9229 4266. I look forward to hearing from you!





# GARDENING WORKSHOPS

## SENIORS WEEK



Is your garden ready for retirement? Why not book into our Seniors Week workshop presented by our Garden Care team and Canterbury City Council. Learn how to create an easy care garden, all about mulch and the best tools for the job! On Tuesday 5th April at 1pm to 3pm at The Cottage  
Bookings essential on 9750 9344.

<http://www.4cs.org.au/sites/default/files/public/documents/Low%20Maint%20Gardening%20%20April%202016.pdf>

## GARDENING IN SMALL SPACES



Have you ever wanted to grow your own vegetables but don't think you have enough space? This workshop will provide lots of useful information about growing vegetables in pots and small spaces.  
On Wednesday 4th May at 6pm to 8pm

Bookings essential to 9750 9344

<http://www.4cs.org.au/sites/default/files/public/documents/Gardening%20in%20Small%20Spaces.pdf>



## BIRDS IN THE BACKYARD

Birds bring many benefits to the garden, they increase our enjoyment and help to control pests. Learn how to create a bird friendly garden at our upcoming workshop on Thursday 19th May at 6pm to 8 pm.

Bookings essential to 9750 9344.

<http://www.4cs.org.au/sites/default/files/public/documents/Birds%20in%20the%20Backyard.pdf>

## SUCCULENTS



Presented by Toni Salter 'The Veggie Lady'

Succulents make ideal plants for balconies and small gardens. In this hands on workshop you will learn how to propagate, grow and care for succulents. Participants will create their own mini succulent garden

Cost \$10. Bookings essential on 9750 9344.

<http://www.4cs.org.au/sites/default/files/public/documents/Succulents.pdf>



### STEERING COMMITTEE

The Community Garden is supported by Canterbury City Community Centre with the help of a Committee of Plot Holders and Friends of the Garden. Current members of the Committee are Sylvia, Sundari, and Annette. If you would be interested in joining the Committee let Liz know on 9750 9344

We meet every second month in the evening over dinner.

**The next Steering Committee meeting will be held on:**

**Thursday 7th April 2016, 6pm to 8pm.**


**Thursday 2nd June 2016, 6pm to 8 pm**





### 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 Working Bees coming up at different times to suit just about everyone.

 Saturday 2nd April 9:00am to 11:30am

 Saturday 7th May 9:00am to 11:30am

 Saturday 4th June 9:00am to 11:30am

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!



## ENVIRONMENT@ LAKEMBA



**The Next Meeting is Wednesday 20th April,  
5.30pm to 7.00pm**

**at Canterbury City Community Centre at 130 Railway  
Parade**

This year has been a very busy year for Environment@Lakemba. Just last month we organised a cleanup site at Jubilee Reserve for Clean Up Australia Day on Sunday 6th March. It was a very hot day but we had a great turn out with over 30 people and along Railway Parade. It residents come to help out members of the Lakemba joining us to help reduce new members to the group popped in for a chat.

Have you seen the big you Want Lakemba to Look Lakemba? These were group with assistance of a support of Council, and are dumping by encouraging FREE Household Clean Up

know they get TWO FREE PICK UPS a year. There are also some new bins to go in at Jubilee Reserve and Fairmount Reserve, which will really help reduce litter in these parks.

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.



"Moving Out?" and "What do Like" signs and banners around planned and designed by the local graphic artist and the hopefully reducing household people to call the Council's Hotline! Many residents don't



## CANTERBURY MEN'S SHED

*Not just about the woodwork*

All the hot weather over summer hasn't stopped the Men's Shed.

They're all still working on a wide variety of projects.

Some guys have already started making toys and other items for the end of year sale. I think they're determined to beat the 2015 record total of \$4500.

Other than that we have a few outings planned with the Centre's Social Support Program – we're looking to go to a beer brewing facility to see how that's done; the annual wood show at Sydney Olympic Park and visit a couple of other Men's Sheds to see what some other guys are doing.

We're still working out the details, so stay posted for some activities/events to encourage the "men" in your life to come along to.

Men's Health Week June 13 – 19 2016

### HEALTH ELEMENTS: Living With Purpose - Building On Health

Men's Health Week encourages communities across Australia to reach out to men, boys and their families to promote health and wellbeing through engaging activities, events and promotions. These locally tailored events create the right setting for conversations about the elements that make us healthy - that's why our 2016 theme HEALTH ELEMENTS is about encouraging communities to start those conversations about the elements of life that build health and life's purpose

This year Canterbury City Community Centre will be running a series of activities. There will be

- Workshop about engaging men in community activities ... check the STARS Calendar for May to June
- The great BBQ Exchange between Canterbury and Canada Bay Men's Sheds on Wednesday 15th June 2016
- BBQ and Open Day at the Canterbury Men's Shed on Friday 17th June 2016 from 11 am
- Visit to the Timber and Working with Wood Expo for Canterbury Men's Shed members on Friday 24th June 2016

Plus .... loads of information and resources to get your hands on about improving men's health.  
For more information, call Glenn at the Shed on 9789 2710 on Wednesdays and Fridays or Canterbury City Community Centre on 9750 9344.

**Men's  
Health  
Week**

The Bike Shed members are just as active. After having a pretty much empty storage shed at the end of 2015, this has quickly filled up again to capacity! We managed to sell another half dozen bikes at the March Lakemba Community Markets and plan to go back to the April one, but all members have been very busy picking up and receiving donated bikes from all over the place. Which is great ... as it is stopping bikes going into landfill and getting people more active.

The bikes have been a great seller at the Lakemba Community Markets. We've been there 3 times now and have only had to bring bikes that we haven't sold back with us once.

As mentioned above, we'll be at the Lakemba Community Market on Saturday 2nd April selling reconditioned bikes and also giving a bike maintenance demonstration. So if you want to learn some basic bike maintenance skills come and find us at the Markets in Jubilee Reserve.

New members are always welcome to the Men's and Bike Sheds and enquires can be directed to Glenn on 9789 2710 on Wednesdays and Fridays.





# Come to the Movies with STARS

National Volunteer Week is a time that STARS takes the opportunity to thank our local volunteers by treating them to something special. On 13 May 2016 we are inviting local volunteers from across the Canterbury, Marrickville and Leichhardt local government areas to join us for a Movie Morning!!

We will be gathering together at the Beverly Hills Cinema to see the heart-warming comedy "Mother's Day" starring Jennifer Aniston, Kate Hudson, Julia Roberts and Jason Sudekis. The film is suitable for viewing by a broad range of tastes.

Each volunteer will also be treated to a yummy choc top to enhance the cinema experience!

As usual we will have a bit of fun before the screening and give out some Lucky Door Prizes!

Volunteers who would like to attend are asked to contact their Volunteer Coordinator, or their supervisor at the service they volunteer for and ask them to book them in.

The Movie Morning will be on Friday 13 May in the morning. All details will be confirmed at a later date.

Please join us.

## 2016 NSW Volunteer of the Year Awards

### Nominations Now Open

The Awards are now in their 9th year and help to acknowledge the millions of volunteers in community groups and not for profits across NSW. They also promote the important role that volunteering plays in our communities.

This year there are 8 categories to nominate in:

- Student – Full time student in Primary, Secondary, Vocational or Tertiary study
- Youth – 24 years and under
- Adult – 25 to 64 years
- Senior – 65 years +
- Volunteer Team
- Excellence in Volunteer Management
- Corporate Volunteer (Individual)
- Corporate Volunteer (Team)

The winners of the Student, Youth, Adult and Senior Categories will be eligible for the award of Volunteer of the Year.

This year STARS will be co-hosting the Award Ceremony for the Inner West region.

The event will be on Wednesday 31st August at the Lakemba Senior Citizens Centre.

**NOMINATIONS CLOSE ON FRIDAY, JULY 15 2016 – NOMINATE TODAY!**

<http://www.volunteering.com.au/volunteer-awards/nomination/>

The Awards are an excellent way to let your volunteers know how much you appreciate their contribution. If you have a team of volunteers you can nominate the whole team under the Team Category. All nominated volunteers, and their nominators, are invited to their area's award ceremony and nominees also receive a certificate. It is also a great promotion for the service or organisation. The ceremonies are attended by local politicians and VIPs and light refreshments are provided. Please consider nominating your volunteer/s this year.



# STARS Volunteer Recruitment - Out and About

STARS aims to ensure their volunteer recruitment and referral service continues to be accessible to the community so last month we continued to run volunteer information sessions in the local libraries.

Balmain and Leichhardt

Volunteer Information sessions were held in Balmain and Leichhardt which provided information to the local community on:

- Important points to consider before you volunteer
- Volunteer rights and responsibilities
- The types of volunteer opportunities available
- The volunteer recruitment process

Participants also had the opportunity to arrange a volunteer interview as a follow on from the session. As a result we now have some new recruits for our Garden Care service!

Volunteering opportunities which seemed popular included social support, gardening, pet walking and events.

Marrickville Volunteer Information sessions

continue to run at Marrickville Library on the first Wednesday of the month between 10.00am-12.00pm just turn up or phone STARS to arrange an appointment.

If you are interested in volunteering please contact Donna – STARS volunteer recruitment and volunteer service on 9750 9344 or [starsrecruitment@4cs.org.au](mailto:starsrecruitment@4cs.org.au)



STARS is supported by funding from the NSW and Australian governments under the Commonwealth HACC program



## Working within Boundaries

**When:**  
Friday 29 April 2016  
9.30am-1pm

**Where:**  
The Green Room  
Riverwood  
Community Centre  
151 Belmore Road  
North  
Riverwood

**Cost:**  
FREE for HACC  
volunteers  
\$20 non HACC  
volunteers  
\$50 staff

**Bookings Essential**  
For bookings and enquiries call STARS on 9750-9344 or [starstraining@4cs.org.au](mailto:starstraining@4cs.org.au)  
STARS is an activity of Canterbury City Community Centre  
Website: [www.4cs.org.au](http://www.4cs.org.au)

**Working within Boundaries may be the most important workshop that you will attend this year !!**

This workshop will assist you to set up and maintain professional boundaries in your role. This keeps both you and the service user safe and clear about what your role is— about what you can and cannot do.

### Learning Outcomes:

- Become clearer about professional boundaries in volunteer/staff roles
- Better understand the concept of boundaries (physical, social, mental emotional)
- Recognise your own response to boundary crossing / breach of boundary
- Become aware of signs that support referral to coordinator is warranted
- Increase awareness of own personal boundaries and steps to follow to keep boundaries intact
- Case studies—exploration of issues & discussion



STARS is funded to provide volunteer training in the local government areas of Canterbury, Marrickville and Leichhardt



STARS is supported by funding from the NSW and Australian governments under the Commonwealth Home Support Program

## Meaningful Engagement in Activities for People with Dementia

**When:**  
10am-1pm  
Monday 11 April 2016

**Where:**  
Ethnic Community  
Services Cooperative  
Building 3  
142 Addison Road  
Marrickville

**Cost:**  
**Free**  
This workshop is for Carers only



Facilitated by Alzheimer's Australia

**UNDERSTAND ALZHEIMER'S  
EDUCATE AUSTRALIA**  
[FIGHTDEMENTIA.ORG.AU](http://FIGHTDEMENTIA.ORG.AU)

This 3 hour workshop will cover:

- Describe the impact of dementia on abilities
- Examine the significance of activity in dementia care
- Modify the environment to make it supportive
- Identify suitable activities incorporating Montessori principles for dementia

**Bookings Essential**  
For bookings and enquiries call or email STARS

9750 9344

[starstraining@4cs.org.au](mailto:starstraining@4cs.org.au)



STARS is funded to provide volunteer and staff training in the local government areas of Leichhardt, Marrickville and Canterbury





## ***LGBTI Inclusive Practice Training for Managers***

### ***How inclusive are you?***

**When:**

9.30am-2pm  
Thursday  
28 April 2016

**Where:**

Ethnic  
Community  
Services Coop  
Building 3  
142 Addison  
Road  
Marrickville

**Cost:**

\$50 staff

**Bookings**

**Essential**

For bookings and enquiries call or email STARS

9750 9344

starstraining@4cs.org.au



***How LGBTI inclusive is your service?***

***Do you meet the needs of LGBTI service users?***

Facilitated by ACON, this workshop will provide participants with an understanding of the elements of LGBTI inclusive practice within the context of organisational change.

Support & lead operational staff through the steps to implement and embed inclusive practice in your organisation.

This introductory workshop is applicable for all types of care services, with some emphasis given to aged care.

The workshop will cover:

Session 1: LGBTI Awareness

- Who are the LGBTI communities?
- Understanding the lived experience and specific needs of LGBTI people
- Social stigma and legislation

Session 2: LGBTI Inclusive Practice

- The business and legislative case for inclusive practice
- Exploring organisational change
- Implementation and embedding of inclusive practice
- Staff engagement
- Exploring some of the challenges to change

Prerequisites:

Complete ACON's free online learning module:

'LGBTI Aged Care training'



# 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 2016

Lakemba Ladies Lounge is closed from the 7th April for 3 weeks due to the School Holidays

Back on Thursday 28<sup>th</sup> April 2016

Welcome Lunch  
Bring a Plate to Share  
Thursday 28<sup>th</sup> April  
9:30 am-12:30pm

## May 2016

Sweet Dishes from around the World

Rasgulla from Bangladesh with Dolly  
Thursday 5<sup>th</sup> May  
9.30am – 12.30pm

Gulab jamun from Pakistan with Uzma  
Thursday 12 May  
9:30am-12:30 pm

Kheer from Pakistan With Mehwish  
Thursday 19<sup>th</sup> May  
9.30am-12.30pm

Sami from Burma with Husna  
Thursday 26<sup>th</sup> May  
9.30am-12.30pm

## June 2016

Pre Ramadan Party  
Thursday 2<sup>nd</sup> June  
Bring a plate to share  
9.30am – 12.30pm

Nail Art with Amna  
Thursday 9<sup>th</sup> June  
9.30am – 12.30

Nail Art with Amna  
Thursday 16<sup>th</sup> June  
9.30am – 12.30pm

Make up Tips with Nessrin  
Thursday 23<sup>rd</sup>  
9.30am – 12.30pm

Hair styling with Nessrin  
Thursday 30<sup>th</sup> June  
9:30 am-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.



# MARKET

Make sure you pop into the market to enjoy the atmosphere, entertainment and great shopping. There are lots of stalls selling a variety of beautiful products including clothing, jewellery, accessories, candles, gifts, food and second hand goods.

**Look out for special events coming up at the market including:**

## **OUR FIRST BIRTHDAY - Saturday 2nd April**

Come and celebrate our FIRST BIRTHDAY, with lots of special activities including; FREE Jumping Castle, Bollywood Dance Workshop, Park and Play Bus Craft activities, Bicycle Maintenance workshop, Storytelling and much more.

## **Saturday 7th May**

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

## **CELEBRATING REFUGEE WEEK - Saturday 4th June**

This week we are Celebrating Refugee Week – lots of great local performances and 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)**

Applications for stallholders are available from the website [www.4cs.org.au](http://www.4cs.org.au) or by calling the Centre on 9750 9344, mobile 0431 127 288 or emailing

[markets@4cs.org.au](mailto:markets@4cs.org.au).

*Starting in February 2016 stallholders that come for 3 consecutive weeks, will get 1 week free.*

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



# LEARN ENGLISH



## FREE English Conversation Classes for Women



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

**Beginners and Intermediate Group**

**12.30 pm - 2.30 pm  
Weekly Class**

**Enrol Wednesday 27<sup>th</sup> April 2015**  
Canterbury City Community Centre  
'The Cottage' 28 Croydon St, Lakemba

**Limited childminding will be available.**

For more information please telephone Canterbury  
City Community Centre on **9750 9344**



**Canterbury City  
Community Centre**  
*Community Building Community*

# THE SHED MATES PUB GRUB TOUR 2016

**STARTING**  
**2<sup>nd</sup> FEBRUARY 2016 until**  
**29<sup>th</sup> November**

## WHERE

**Campsie | Condell Park | Kingsgrove  
Oatley | Caringbah | Mortdale | Rosebery  
Surry Hills | Kirribilli | Ashfield |  
Canterbury**

## COSTS

**Normal Shed Mates attendance cost plus cost of the  
meal. Meals range from \$10 - \$15 for lunch special**

## BROUGHT TO YOU BY

**Canterbury City Community Centre  
Commonwealth Home Support Programme**

*Dates, venues, details and prices may change due to  
circumstances beyond our control. Seats are limited*



**Canterbury City  
Community Centre**  
*Community Building Community*

**9750 9344**

## TOUR DATES

**2<sup>nd</sup> FEBRUARY**

Oasis Hotel  
CAMPSIE

**23<sup>rd</sup> FEBRUARY**

Highflyers Hotel  
CONDELL PARK

**22<sup>nd</sup> MARCH**

Kingsgrove Hotel  
KINGSGROVE

**26<sup>th</sup> APRIL**

Oatley Hotel  
OATLEY

**31<sup>st</sup> MAY**

The Caringbah  
CARINGBAH

**28<sup>th</sup> JUNE**

Mortdale Hotel  
MORTDALE

**26<sup>th</sup> JULY**

The Lakes Hotel  
ROSEBERY

**23<sup>rd</sup> AUGUST**

Aurora Rooftop Hotel  
SURRY HILLS

**27<sup>th</sup> SEPTEMBER**

Kirribilli Hotel  
KIRRIBILLI

**25<sup>th</sup> OCTOBER**

Ashfield Hotel  
ASHFIELD

**29<sup>th</sup> NOVEMBER**

Canterbury Hotel  
CANTERBURY



## WOMEN'S SWIMMING LESSONS

**8 Week Program - Wednesday Mornings**  
**Starting Wednesday 27<sup>th</sup> April**  
**Time: 9.30 - 11.30am**

Canterbury City Community Centre is  
offering women only swimming lessons at a  
reduced cost. The program combines learn-  
to-swim and leisure swimming, with transport  
to and from the venue.



**Canterbury City  
Community Centre**  
*Community Building Community*

## Women's Learn to Swim Class

**Female  
Instructors &  
Indoor, Heated  
Women Only  
Pool**

**Date: Starts**  
**Wednesday 27<sup>th</sup>**  
**April 2016**  
**9:30am - 11.30**

**Cost: \$65.00 for**  
**8 weeks**

**FOR MORE  
INFORMATION OR TO  
BOOK YOUR PLACE  
PLEASE CALL THE  
CENTRE ON**

**9750 9344**  
**WWW.4CS.ORG.AU**

## EVENT MANAGEMENT COURSE

This course will help you develop the knowledge and  
Skills to design and organise a successful event.

- Develop skills for work
- Subjects from nationally  
recognised qualifications.
- All learning materials  
included
- Expert trainers and support
- No charge for eligible students



Participants will also plan and organise an event during the  
course to gain practical experience.

## Information and Enrolment Session

**Wednesday 6<sup>th</sup> April**  
**10am - 11.30am**

**The Cottage 28 Croydon St Lakemba**

**When:** Course Starts Wednesday 27<sup>th</sup> April for (10 Weeks)  
**Time:** 9:30am - 12:00 noon  
**Where:** The Cottage, 28 Croydon St. Lakemba  
**Presented By:** TAFE NSW - South Western Sydney Institute

Free Child minding is available (limited places)

For more Information please call Kate or Romana on 97509344



South Western Sydney Institute



**Canterbury City  
Community Centre**

*Community Building Community*





**Inner West Social Connections** has a lot of varying activities and outings this year for all the groups – The Shed Mates, Social Connections, Knitting with Heart and Evergreen Garden Lovers.

The outing calendars for Social Connections and Evergreen Garden Lovers have been sent out to participating clients ... so if you haven't received one, please contact Leanne.

I am very excited about what is planned for the Shed Mates this year. Shed Mates is a social group for senior men who want to hang out at the Men's Shed and who may need a bit of extra support doing wood work or other handicraft activities as well as meeting up with their mates every Tuesday.

We have several projects planned for the year and our current project is producing string-art on blocks of wood.

Other projects will include repurposing old pallets, sticks and fabrics to make new things like lamp covers and fairy furniture.

The highlight for the year is The Shed Mates Pub Grub Tour 2016. The Shed Mates will be visiting 11 pubs throughout Sydney sampling the food that they have on offer and giving them a review. It is a great way to see Sydney and enjoy a good old Pub Lunch at the same time.

So far we have visited our local favourite of the High Flyers Hotel at Condell Park and The Kingsgrove Hotel. Next we are off to Oatley, Caringbah and Mortdale.

We have had interest (from 4cs staff) to purchase a Pub Grub Tour T Shirt if we get one made ... and definitely open to offers from the publishers of *Lonely Planet* should they want us to write a Pub Grub Tour article for the next Sydney edition!

## Knitting With Heart

Knitting with Heart have registered to be a part of "Wrapped with Love" project. We are happy to accept any wool/yarn and knitted or crocheted square donations. Our Knitting with Heart group runs every Friday, from 10am – 1pm for all ages, but bus pick up is limited to those over 65 and the cost to attend is \$2 plus \$2 if you get picked up by the bus. This money goes towards morning tea the purchase of yarn and equipment when needed. We will also be going on various outings throughout the year.



On the 29th February, the Evergreen Garden lovers made the trip to Bobbin Head which is situated within the Ku-ring-gai Chase National Park.

We enjoyed the peace & quiet, fresh air and forgot all about living in the Inner West area of Sydney for a little while. We even got to see a goanna!



# Knitting With Heart



Come and join us every Friday at The Cottage to knit, crochet or needlework. We will be doing small projects throughout the year such as beanies for the homeless, blankets for nursing homes as well as go on craft inspired outings.

**Day & Time:** Every Friday, 10am—1pm. Morning Tea included.

**Address:** The Cottage, 28 Croydon St Lakemba.

**Cost:** \$2 if no transport, \$4 with transport\*

**Donations of wool and yarn are eagerly accepted! Will come and pick it up.**

\*All are welcome, only those 65+ or 50+ if Aboriginal Torres Strait Islander are eligible for bus transport. Bus places are limited.

**Please contact Leanne on 9750 9344 to register.**



Canterbury City  
Community Centre  
*Community Building Community*

This service is funded by the Commonwealth Home Support Programme.



## Financial Counsellor Available

### Free & Confidential

- Overdue Utility Bills
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**Make an appointment NOW to see Neena, Financial Counsellor on 9750 9344**

**Make your money go further!**





## Lawn mowing service news

### Deb and Yvonne



The Centre's Garden Care project has provided/managed a subsidised lawn mowing service since March 2004. The service has grown tremendously over the past twelve years and now provides service to 350 clients over the Canterbury, Marrickville and Leichhardt local government areas.

The service currently uses thirteen contractors to provide up to 15 mows per year which includes cutting edges, mowing the lawn and clean up. The contractors work in varied weather conditions and sometimes includes four seasons in one day!

In the Garden Care office staff members Yvonne O'Young and Debbie Dunn carry out the administration for the lawn service and work closely with the contractors.

An individual lawn that requires mowing is generally a fairly straight forward task. When you have a few hundred of these that need to be mowed every 2-3 weeks in Summer it can make for a very interesting and busy time. Edging styles, preferred lawn height, lawn type, preferred day of the week, morning or afternoon, changing weather are a few things that contractors and staff do their best to manage to maintain a quality service.

Luckily the weather is changing as we move into Autumn and so too will lawn growth!

Over the coming months staff will be working towards recruiting more contractors so we can provide service to more clients, which will be wonderful.

A Thankyou goes out to our contractors who work hard at providing this service to our clients, it's not an easy job and we appreciate all of your efforts !

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Some Garden Care staff are now qualified to use a chainsaw.



## CENTRE BASED DAY CARE PROGRAM

### Tuesday Social and Activities Group:

It's been a hive of activities since we returned this year. And there's more to come. Besides painting, making cards, 3D art, knitting, outings....., we will be having a special month for seniors week which includes Aboriginal art. Come join us on Tuesdays for some great company, delicious food, interesting and innovative craft activities, and adventurous outings.

### Thursday 4CS Friendship Group:

Bingo on Thursdays is still very popular and there's been no shortage of delicious prizes. Our guest speakers cover many interesting and informative topics such as incontinence, keeping bones healthy, careful use of medication, and many more topics of interest to the elderly. Outings are particularly popular and they include luncheons, shows, picnics, and interesting destinations not accessible to all. Lunches at the Centre are delicious and interesting as a specialty home cooked meal is provided every week.

Join us on Tuesdays and Thursdays for great company, delicious food, exciting outings, informative talks, craft, and of course our Thursday bingo with delicious prizes.



# FREE Short Course

## Create an Online Presence for Your Business

Are you a small business owner, or a market stallholder?  
Would you like to develop your online presence?

**Come along to this 6-week course and you will learn:**

- ✚ How to set up and use a Facebook page for your business
- ✚ How Pinterest and Instagram can help your business
- ✚ Other social media platforms - what they do and how to choose which are for you
- ✚ Whether you need a website (or not...)
- ✚ Digital marketing tips and tools
- ✚ Creating a digital marketing plan
- ✚ And more...



<b>STARTS:</b>	<b>Monday 2<sup>nd</sup> May 2016</b> and continues for 6 Mondays
<b>TIME:</b>	9:30am to 1:00pm
<b>FACILITATOR:</b>	Joanna Maxwell - Work in Colour
<b>WHERE:</b>	The Cottage, 28 Croydon St, LAKEMBA
<b>COST:</b>	FREE but Bookings Essential
<b>CHILDMINDING:</b>	Available but must be booked prior
<b>TO REGISTER:</b>	Call the Centre on 9750 9344
<b>REQUIREMENTS:</b>	You'll need to bring your own laptop or tablet to use during the sessions.

This course is funded by a Financial Assistance Program Grant from the City of Canterbury



**Canterbury City  
Community Centre**

*Community Building Community*