

# STILL CONNECTED JUST IN A DIFFERENT WAY



Community Building Community

130 Railway Parade Lakemba NSW 2195

Open 9:00 am to 4:00 pm Monday to Friday

## 4CS NEWS

CANTERBURY CITY COMMUNITY CENTRE



Interagency  
Award

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Our Unsung  
Lockdown  
Heroes

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JULY/SEPT 2021



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Canterbury City  
Community Centre

Community Building Community



# CEO NEWS

Hello everyone,

It is such a joy to share my update with you and I can say I feel more and more connected to this amazing organisation everyday.

It is NAIDOC Week as I write to you and this year's theme is Heal Country. As a child of migrants and the first generation born in Australia, I often talk about how deeply disappointed I am that my education and upbringing did not assist me to learn about the full history of Australia. I am still learning and I know we have a long way to go until we truly heal from the past but we can all play our role as individuals if we are curious and look for answers and information.

During National Sorry Day this year, Canterbury Bankstown Council held a very important event and I was able to attend on behalf of 4cs. Uncle Lester Maher - a Survivor of the Stolen Generation gave us a personal window into his life. He underscored that he is not a "member" of anything, it is not a club he chose to join. He shared with us that he was kidnapped and gave vivid examples of how de-humanising it was to grow up in a boys home with no connection to family and culture. Uncle Lester taught me a lot that day and I thank

him most sincerely.

I am also writing in the middle of the Greater Sydney lockdown and I know that we are all doing what we can to stay connected to one another and to ensure our clients, volunteers, staff and community are staying safe and healthy.

Through the lockdown we have maintained a small team at our Railway Parade office in Lakemba as well as phone and email contact with people we support and who connect with us daily for assistance to navigate their lives at this challenging time. The majority of our staff are working from home as was the case in the last lockdown but our work behind the scenes continues to ensure the 4cs is managing the lockdown well and also planning for post-lockdown. Our Home Care staff continue to deliver services in people's homes with full COVID-19 safety protocols in place. It isn't easy to be an essential service through a COVID-19 lockdown but I am very confident we are balancing both our high quality and safety in care and services with professionalism at the centre.

There is no doubt that the issue of vaccinations is complex and personal. The public commentary has been about vaccination being the main way we can protect ourselves and others from COVID-19. The recent outbreak shows us that while we thought we were doing very well, it isn't something we control. What we

do control is how we respond to it though, so please stay informed and make decisions that are guided by the health advice you get from your General Practitioner who knows your situation best.

Since our last Newsletter a range of our services and programs were operating at levels we had become used to before the pandemic outbreak last year and it was a testimony to the spirit of the 4cs how much people relished being back in our programs. I had the opportunity to attend our Volunteer Thank You Dinner during National Volunteers Week and got to hear about why our Volunteers choose the 4cs as the organisation they wish to contribute to.

What I learnt at that dinner is that our Volunteers are vital to our organisation, they share in our story and in our success. They walk alongside us each day because they believe in our mission and share our values for an inclusive and just society. We truly could not do what we do without them and THANK YOU is not enough!

I also attended a moving Graduation of women in our Community Builders programs who have completed various stages of their educational journey. Here were a group of women, each at a different stage but all motivated to succeed and follow their aspirations in life. These programs could not have happened without the long standing and respectful partnership we have with Sydney Community



**'VOLUNTEERS ARE VITAL TO OUR ORGANISATION, THEY SHARE IN OUR STORY AND IN OUR SUCCESS. THEY WALK ALONGSIDE US EACH DAY... THEY BELIEVE IN OUR MISSION AND OUR VALUES FOR AN INCLUSIVE JUST SOCIETY. WE TRULY COULD NOT DO WHAT WE DO WITHOUT THEM.. THANK YOU IS NOT ENOUGH!'**



Photo credit: Milan Acosta

**ON BEHALF OF  
LAKEMBA ROHINGYA  
INTERAGENCY, 4CS  
RECEIVED THE 13<sup>TH</sup> NSW  
HUMANITARIAN AWARD  
FOR BEST PROJECT IN  
OUTSTANDING WORK  
WITH REFUGEES.  
ORGANISED BY STARTTS  
AND RCOA. PRESENTED  
BY HER EXCELLENCY THE  
HON. MARGARET BEAZLEY  
AC QC, GOVERNOR OF  
NSW AT GOVERNMENT  
HOUSE, SYDNEY.**

College. A partnership which has been fostered over many years and which continues to deliver for the people in our community.

#### **HUMANITARIAN AWARD - Lakemaba Rohingya Interagency**

I also had the deep honour of attending an Awards Ceremony at Government House where our Centre accepted a Humanitarian Award for Best Project on behalf of the Lakemba Rohingya Interagency. I am telling you about this because it is an uplifting example of the positive work that happens when like minded organisations and people work together to respond to the needs of our community, especially as it changes. We thank every member of the Interagency who has contributed their time and expertise to lead this work and to our very own Kate Maclean for her stewardship. There is more about this Award in the Newsletter for you to read.

#### **AGED CARE ROYAL COMMISSION**

In my last update I shared information on the release of the Report from the Aged Care Royal Commission. The release of this report together with the Federal Budget in May has given us more information about the future of aged care in Australia. We know that aged care services are set for ongoing reform, some at the broader macro level around how the service system is organised but

also at the micro level around how existing services are paid by the Government for example.

We know that there will be an injection of funding to aged care to meet the needs of an ageing population and we understand this will include in Home Care Packages. As a provider we know that the demand for care and support in the home exceeds what is currently available, so we very much welcome these investments. We do hope they make services more readily available to people who need them.

It is fair to say that change, especially that which is generated by others can make people feel uncertain about the future. However, I can see that the 4cs has done important ground work over many years to be able to respond to reforms being lead by Government. As an Approved Aged Care Provider, I am very confident that the quality of our services and our deep connection with and care for our clients and communities will ensure we navigate this reform. Reform is not new to me and certainly not new to the 4cs.

#### **OPTIMISM**

In the last edition I shared with you my theme of resilience and this time I chose OPTIMISM. I thought long and hard about my theme and writing to you from within a lockdown I needed to think ahead with positivity and I hope

you will too. We have so much to be optimistic about, we live in a country with relative safety and security for a start and we should never underestimate how important that is. Many of our clients and people living in our community have come from places where this does not exist and they settle here with a deep optimism about the future.

I am optimistic because when members of our social inclusion and support groups come to our programs in Lakemba and in Bankstown, they come with sense of fun and are happy to be with friends and people they feel comfortable with. When I grow up I want to be a 4cs aged care services client...TRULY!

I chose optimism because our staff and volunteers have full lives with many layers and complexities but when they come to the 4cs, they put our mission first and do their very best, this makes me feel very optimistic. We do this because our work improves people's lives every day.

Thank you for supporting and choosing the 4cs to assist you and I hope our team continues to add value to your life and work.

I look forward to meeting more of you as we do more face to face work after lockdown!

**Esta Paschalidis-Chilas**  
CEO



# COMMUNITY BUILDERS

## NSW HUMANITARIAN AWARD 2021 – Best New Project Lakemba Rohingya Interagency

On behalf of the Lakemba Rohingya Interagency, Canterbury City Community Centre received the 13th NSW Humanitarian Award for Best Project for outstanding work with refugees. The Awards showcase best practice in humanitarian endeavours and are organised by the NSW Service for the Treatment and Rehabilitation of Torture and Trauma Survivors (STARTTS) and the Refugee Council of Australia (RCOA). Presented by her Excellency the Honourable Margaret Beazley AC QC, Governor of New South Wales at Government House on Monday 21st June, Kate Maclean and Sajeda Bahadurmia accepted the Award on behalf of the Interagency.

The Lakemba Rohingya Interagency links non-government and government agencies working across the welfare, health and education sectors, with members from the Burmese Rohingya Community Australia (BRCA) to better understand the needs of this community, share information, collaborate on projects to improve the health, well-being and educational outcomes, as well as increase connections to local services. Since commencing in November 2017 the list of agencies represented has included;



Burmese Rohingya Community Association; Central and Eastern Sydney Primary Health Network; NSW Refugee Health Service; Schools as Community Centres Lakemba PS, Canterbury Hospital, Department of Education representatives from Hampden Park PS, Save the Children; Metro Assist, Settlement Services International; Life Without Barriers and STARTTS NSW.

The unique collaboration of services based in Lakemba with some experience working with refugee communities together with refugee funded services and most importantly members of the Rohingya community has enabled local services to provide a more responsive and comprehensive range of activities to meet the needs of this community. Activities of the group have included health seminars, family fun days, social support groups, English classes, transition to school programs, improved access to counselling and free dental programs.

Through working together the Lakemba Rohingya Interagency has demonstrated that working in partnership ensures programs are responsive to the needs of the community, make better use of limited resources, avoid duplication, are well attended and provide opportunities for community members to expand their connections to information and services across the health, welfare and education sector.

For more information about the NSW Humanitarian Awards and the other winners please go to [www.startts.org.au/.../2021-humanitarian-awards](http://www.startts.org.au/.../2021-humanitarian-awards)

### NEW OUTREACH SERVICE – Legal Assistance

We are very pleased to announce that in partnership with Western Sydney Community Legal Centre we will be able to provide an outreach legal service from the Centre fortnightly on a Thursday.

Harry and Caitlin are able to provide individual and free advice on a range of issues including; about money (such as personal/credit debt), traffic offences, parking fines, motor vehicle accidents, employment, discrimination, domestic violence, apprehended violence orders and family law (such as divorce and parenting after separation).

If you would like to book a free and confidential appointment, please call the Centre on 9750 9344.



## ENGLISH CLASSES FOR WOMEN ONLINE VIA ZOOM

The 4cs has two FREE English classes for women in Term 3  
Beginners and English Conversation for Mums

The classes are free and held during school hours in a friendly relaxed setting and provide an opportunity to practice your English language skills.

### Mum 2 Mum

English Conversation Class  
Mondays during School Term

Starts Monday 19 July 2021  
10:00 am to 12:00 pm  
Online via ZOOM

### English Class for Beginners

For women starting to learn English  
Every Monday afternoon during school term  
Starts Monday 19 July 2021  
12:30 pm to 2:30 pm  
Online via ZOOM

For details on how to join call **Romana** on  
**0412 270 811** or email  
[romana.waseem@4cs.org.au](mailto:romana.waseem@4cs.org.au)



Canterbury City  
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# LAKEMBA *Ladies* Lounge

AUGUST TO SEPTEMBER 2021

Please note due to Covid-19 restrictions, Lakemba Ladies Lounge will be held online via Zoom. For more information, please call Romana on 0412 270 811

## AUGUST

Basic Computer - Create a Doc

Thursday 5<sup>th</sup> August

with Sorosh

Basic Computer - Make a File

Thursday 12<sup>th</sup> August

with Sorosh

Basic Computer - Write and Email

Thursday 22<sup>nd</sup> August

with Sorosh

Basic Computer - Attach Files

Thursday 29<sup>th</sup> August

with Sorosh

## SEPTEMBER

Make up Tips - Eye Make up

Thursday 2<sup>nd</sup> September

with Sonya

Make up Tips - Eye Brows

Thursday 9<sup>th</sup> September

with Uzma

Make up Tips - Facial Basics

Thursday 16<sup>th</sup> September

with Asma

For information call Romana or Kate on 9750 9344



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## ENVIRONMENT@LAKEMBA

Environment@Lakemba is a group of local residents keen to reduce littering and household dumping of goods in Lakemba and surrounds. Having recently received a grant from the Environment Protection Agency, the group is busy educating the community to reduce litter caused by take-away food, with a focus on Wiley Park, Haldon St, Hampden Road and Fairmount Street.

Watch out for a series of great new posters encouraging people to Love Lakemba and do the right thing with their litter. If you would like to learn about other activities of Environment@Lakemba come to our meeting where we share a meal and plan activities.

**Next Meeting:** TBC. For more information call Kate on 9750 9344.

## COMMUNITY GARDEN

The community gardeners have been busy preparing their plots for winter vegetables and herbs. Given the latest Covid-19 lockdown the July working bee had to be cancelled and the tool-box is once again locked to reduce sharing of tools and potential transmission. Gardeners can still tend to their plots but please be mindful of social distancing by keeping 1.5 metres apart. Ideal vegetables and herbs to plant for winter include; kale, carrots, pak choi, red cabbage, broad beans, peas, parsley, coriander, marjoram, comfrey, oregano and lavender. See the delicious recipe below based on some of these goodies from the garden.

### Oven- Roasted Carrots with Garlic and Coriander

#### Ingredients

500 grams of carrots, 2 cloves of garlic peeled and crushed, 1 dessert spoon of coriander seeds, 1½ teaspoon peppercorns, 1½ teaspoon of salt and 1 dessert spoon of olive oil

#### Method

1. Begin by cutting the carrots into 4cm chunks.
2. Dry roast the coriander seeds and peppercorns in a small frying pan or saucepan over a medium heat, stirring and tossing them around for 1-2 minutes, or until they begin to look toasted and start to jump in the pan.
3. Empty them into a pestle and mortar and crush them coarsely, then put the carrot chunks and crushed spices in a bowl.
4. Put the garlic cloves and salt in the mortar, crush to a purée, then whisk in the oil. Now toss this mixture around with the carrots and spices, then spread it out on the baking tray.
5. Pop it into the oven on a high shelf and roast until the carrots are tender when tested with a skewer – 30-40 minutes.



## WORKING BEES

**COME ALONG  
AND MEET OTHER  
GARDENERS!**

**WORK ON COMMON  
AREAS TOGETHER!**

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.

Working Bees are usually held the 1<sup>st</sup> Saturday of the month.

Up-coming dates are:

- Saturday  
4 September  
8:00 am to 12:30 pm

Remember if you would like manure at \$ 5:00 bag or mulch \$ 15:00 a bag, please contact Joan at the Centre and she will bring some down on the day.

If you have any queries please call Kate at the Centre on 9750 9344.

We look forward to seeing you again at the next Working Bee.





# GARDEN CARE

## EASY CARE GARDENING FEATURED ON GARDENING AUSTRALIA

An Easy Care gardening team was recently featured on the ABC's Gardening Australia. Have a look at *Helping Hands* (Series 32, episode 19) for a great insight into what we do on a day-to-day basis.

The team weed, rake paths and prune a large palm tree to help clean up the client's garden. What is clear from the video is how much the client appreciates the work of the volunteers and crew, and how much the volunteers appreciate working together and spending time with the clients.

The team also enjoy an afternoon tea with the client – a ritual which we hope to return to when it is safe. The video can be found here: [abc.net.au/gardening/factsheets](http://abc.net.au/gardening/factsheets)

## THINGS TO DO IN THE GARDEN DURING WINTER

**Planting** – Now is the perfect time to plant brassicas - Broccoli, Cabbage, Cauliflower, Kale – just watch out for snails. It's also a good time to plant leafy greens like Spinach, silverbeet and lettuce.

**Mulching** – As the weather gets cold, a nice layer of mulch (sugarcane for veggies, woodchip for trees) will keep the soil warm and the plants happy over the winter. You can mulch up to 10cm thick.

**Pruning** – Now is a great time to prune frangipanis. Once the leaves have fallen off, the tree will not 'bleed' as much milky sap. Be careful though – frangipanis will not tolerate heavy pruning. Any cuttings you make can be left to harden under cover for a week or so, then planted in some seed raising mix and kept slightly moist until the spring, when they should begin to take root.

**Maintenance** – As the grass growth

slows down for the winter and mowing frequency reduces, it's a good idea to book your mower or whipper snipper in for a service.

## GET TO KNOW YOUR LOCAL STREET TREES

If you're currently spending more time at home, why not get to know your local street trees? If you live in the inner west, it's more than likely you will come across a bottlebrush, black tea-tree, water gum, flowering ash or crepe myrtle. Did you know that there are over 4000 bottlebrush trees in Marrickville alone?

You'll know it's a bottlebrush from its bright red flowers that look like, you guessed it, a bottle brush. Black tea-trees have dark green needle shaped leaves and small white flowers in spring. Watergums are about 3-5 metres tall, and have yellow flowers and a mottled trunk. Flowering Ash trees have bright green compound leaves and get covered in masses of tiny white flowers in spring, giving it a fluffy appearance. Crepe myrtles have distinctive smooth bark and long-lasting pink, white, purple or red flowers that appear in early summer.

If you have a street tree outside your house, why not give it a bit of love? While there are hefty fines for pruning or damaging street trees, trees will appreciate occasional weeding and woodchip mulch up to 7cm thick. If you have a young tree, it will also benefit from deep watering during summer, and protection from lawn mowers and whipper snippers.

For more information about street trees, contact your local council.



## WELCOME BACK ERIC!

This month we were happy to welcome Eric back into the Garden Care team as a Garden Support Worker. After four years away working in vertical gardening, it's great to have Eric back.

A plant lover all round, Eric has a certificate III in horticulture and brings years of experience to the team. His favourite

plants are tropical ones, but he especially likes bromeliads.

Eric was asked his favourite things about working at Canterbury City Community Centre... 'it's so nice to be back in a familiar environment, with a nice crew of staff and a wonderful roster of volunteers... I also love getting to meet so many clients and experience the many different gardens'.



## WELCOME LYN!

'I FEEL VERY LUCKY TO BE PART OF CANTERBURY CITY COMMUNITY CENTRE AS MANAGER AGED SERVICES. I HAVE KNOWN THE ORGANISATION FOR THE PAST 20 YEARS AND SEEN IT GROW FROM A SMALL TO A MID-SIZED ORGANISATION OFFERING AN IMPRESSIVE RANGE OF SERVICES CATERING TO THE NEEDS OF THE LOCAL COMMUNITY'.

## HOME CARE PACKAGES

### ALL ABOUT LYN...

I feel very lucky to be part of Canterbury City Community Centre as Manager Aged Services. I have known the organisation for the past 20 years and seen it grow from a small to a mid-sized organisation offering an impressive range of services catering to the needs of the local community

I began working in the community sector, like most people, because it offered flexibility and the opportunity to support others in the community. Local Government offered me the chance to continue community work and I spent time at Concord Council, Canterbury City Council, Marrickville Council and Inner West Council in various community development/social planning roles.

Mostly my focus has been working with older people and people with disabilities but I also spent a time working on youth programs, community safety and LGBTIQ issues and even urban sustainability (in my last 6 months with Inner West Council). I hope I can put this experience to good use here at the centre.

I'm looking forward to working with everyone on the team to support the wellness and reablement of our residents to continue living at home with the invaluable support from all our community care workers/volunteers and services/programs.

### COVID-19 AND HOME CARE PACKAGES

Our Home Care Package and Personal Care staff continue to provide essential services to isolated residents needing high level care to assist them with tasks such as showering, nutrition/meals, shopping and cleaning.

Since COVID, and particularly the Delta strain, our workers are wearing masks, face shields and gloves to protect themselves and the clients from any risk of the disease. Clients are asked to wear a mask and all interaction between worker and client observes social distancing rules. We are constantly monitoring the NSW Health guidelines as well as directives from our funding body, the Commonwealth Department of Health.

The last month has seen increased media focus on whether aged care workers have had their COVID vaccination. In response to this we recently surveyed all our staff. In addition to whether they have received one or two vaccinations, we also asked whether our workers were employed in other

residential aged care facilities or with other home care providers. This is valuable information as the Commonwealth is encouraging part time workers to designate one facility/organisation as their primary place of work to reduce the transmission risks to both workers and clients.

Beginning on 1 July, we are required by the government to record the number of Home Care Package workers who have received 1 or 2 vaccinations of Astra Zeneca or Pfizer. Residential care facilities are also required to provide this information to the government. At the moment, there is no requirement to report on the number of Commonwealth Home Support Program employees who have had their vaccinations, however we are taking a proactive approach and increasingly staff are completing their vaccinations.

The Sydney Local Health District has also offered to provide a vaccination clinic for our clients and we are working on the logistics of organising this in a safe and COVID-free manner. The clinic will provide an opportunity for isolated clients with no family to access transport to the centre, have their vaccination and return home. By having our workers and our clients fully vaccinated, we are supporting NSW Health guidelines to reduce



community transmission and ensure our services continue to maximise quality of life for workers and clients alike.

### WORLD ELDER ABUSE AWARENESS DAY

The United Nations declared 15 June as World Elder Abuse Awareness Day. Elder abuse is defined as "a single, or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust which causes harm or distress to an older person".

Elder abuse affects millions of older people across the world and is therefore an important issue for communities to recognize and address. Abuse can take the form of physical, sexual, financial, psychological and social abuse. It also includes neglect.

In Sydney, the Seniors Rights Service (1800 424 079) or the NSW Elder Abuse Hotline (1800 353 374) can provide advice and support.

### ROYAL COMMISSION INTO AGED CARE

The Royal Commission into Aged Care Final Report is now available and proposes a series of recommendations including the development of a single In-Home Care Program to replace the way

services are currently organized through the Commonwealth Home Support Program, Home Care Packages, Short Term Restorative care and Residential respite. A survey has been sent out to organisations requesting their feedback and here at Canterbury City Community Centre, we will submit our comments.

The Government's response to the Royal Commission report was announced by the Hon Greg Hunt MP, Minister for Health and Aged Care in May with the commitment of an additional \$17.7 billion to deliver 'generational change with improved quality care, increased viability in the sector with services respecting the needs and choices of senior Australians.' The key elements are to be rolled out over the next five years with a focus on three Phases:

- 2021 will set the foundations for change including building the workforce and addressing immediate priorities within home care and residential care
- 2022-23 will see further work and funding allocated across programs
- 2024-25 will 'begin to realise the vision of a high-quality and safe aged care system, according to the Minister.

The Government proposes a new National Aged Care Act to enshrine the principles of Respect, Care and Dignity.

### ONCE UPON A TIME IN LAKEMBA

Can you imagine the area of Lakemba being known as Potato Hill? In early colonial times, around 1810, potatoes were farmed in the area. Samuel Hockley was granted 50 acres which he called Essex Hill Farm, after his home county in England. At this time, the area is known as Belmore South.

In the 1880s, another property owner, Benjamin Taylor named his 54 acre property 'Lakeba' (pronounced Lakemba) after Lakeba Island in Fiji, where his second wife's grandparents were missionaries from 1835. Another Fijian connection is Oneata Street, named after another small Fijian island.

And before colonial settlement, the Darug and Eora people lived in this area for thousands of years living in harmony with their environment which included kangaroo, emu, possum, wild honey, plants and roots. Other food, fish and shellfish, was sourced from Botany Bay, the Cooks River and Georges River. Evidence of shellfish meals can be seen in middens dating back 3,000 years at various sites along the rivers.



## FAREWELL GILLIAN

Well, what can we say? In the space of 6 months, we've lost two fabulous workers and leaders from 4cs. Last newsletter we farewelled Liz. This time it was Gillian who was going off to follow her dreams down the south coast. Gillian came on board 19 years ago as the STARS Coordinator and as the centre grew, programs expanded, she ably took on the leadership role that suited her skills and natural aptitude. Her writing ability will be sorely missed in this newsletter, not to mention her professionalism in her dealings with clients, volunteers and staff. To the reggae sounds of Bob Marley's One Love, we warmly wished Gillian well in her new venture. All the VERY BEST GILLIAN!!



## COVID-19 LOCKDOWN UPDATE

Many of you reading this will know that as soon as the current Greater Sydney lockdown was announced, we had to make decisions about how we would manage our organisation and programs while adhering the health orders and related restrictions.

Just when we had so enjoyed seeing our clients and community... BUT we have done what is needed to keep everyone safe. Our guiding principles are:

- Keep our clients and ourselves safe at all times by adhering to the directions of Government and the Health Orders.
- Stay connected to our clients given their care needs and our duty of care to them, especially at such a difficult time.
- Provide information to our clients, staff and communities that assists them to stay safe.
- Communicate transparently and clearly to ease anxiety.
- Monitor events and remain agile and flexible in our response.
- Minimise the number of staff in our centres by using a Team A and Team B approach that will ensure business continuity across the 4cs and within teams.

These principles were formulated on Day 1 of lockdown and remain our anchor and guide throughout.

### WHAT IS HAPPENING AT THE 4CS DURING LOCKDOWN?

During the course of the last six weeks we have had to make decisions everyday that ensure we follow the health orders but also have the care and safety of our clients, staff and community at the centre of what we are doing.

- We have a team of 3 in the Railway Parade office to be a touch point for our home care field staff who check-in and also pick up Personal Protective Equipment. They are our Team A and they remain the same people throughout the lockdown to minimise cross-contact.
- Our Home Care Service continues to operate while following strict Covid-19 safety protocols and following the related testing requirements.
- Our Social Support Service is focused on welfare checks and ongoing contact with our clients to ensure they remain connected and we understand what is happening for them individually.
- Our training team has moved STARS training to online platforms.
- Our women and family and related community courses, Ladies Lounge and other initiatives have moved to online and remain very popular with the women and children in our community.
- With both our offices being in a hotspot zone and subject to the current 5km restrictions, we closed The Cottage some weeks ago.
- We initially scaled down our Garden Care Service but as

the advice about Canterbury Bankstown became more serious, we paused this service but remain very connected to our clients to make sure their gardens are safe to move around in.

- Our social media has been helping our community access information on the lockdown and the many changes that happen along the way with the health orders.
- You can still call us during business hours as normal as we have staff allocated to respond to enquires and questions – as we always do.

### OUR SOCIAL MEDIA

It has been wonderful to see so many members of our community benefiting from the information we develop and also share. We know that information is power and with the right information, we can all make more educated decisions in our lives.

Many of you have been commenting on our posts very positively and that is so important to us.

We will continue to do our part in providing information that is relevant to our clients and local community.

While we can not see you and spend time with you face to face as we would like, know that the team at the 4cs is here and available.

For more information on restrictions, COVID-19 vaccines and testing locations, visit [nsw.gov.au/covid-19](https://nsw.gov.au/covid-19) You can select the language you speak to see if information is available in your preferred language.

**Stay home! Stay Safe!**  
**Stay connected safely!**



## COMMUNITY CARE WORKERS... OUR UNSUNG LOCKDOWN HEROES

At the Canterbury City Community Centre today is not a normal day, not the kind of day we would prefer anyway...

We are in a Greater Sydney lockdown, are an essential service and our offices in Lakemba sit in a "hotspot" region of Sydney's South West.

It is fair to say that a large part of our workforce has – again – adapted well to lockdown methods of working but our frontline community home care workers are moving around our service region doing what they do best – caring for older people in their homes to help them live the best lives they can.

On any other day their jobs are challenging enough and they certainly do not do what they do for the remuneration they receive. From what I have seen in my short time as CEO, they are extraordinary individuals whose efforts and commitment are very rarely lifted up in the public domain.

To add to what they already do under challenging circumstances on any given day – these days they have to be COVID-19 tested more often, manage their own safety and always remember the safety of our clients.

To add to that, some of our home care clients live alone so much of their human contact is with our staff coming into their homes to care for them. They look forward to contact with someone they know and trust and at the moment they are also sharing their fears, anxieties and frustrations as well.

No doubt some of them are thinking about what the future will look like, questioning how they be part of it, when will they see their family and friends again, when will they get back to our Centre for social support in group settings that they enjoy so much.

These are everyday fears – some of their friends are passing during the pandemic and the lockdown only serves to increase the lack of social connection and sense of security. For many our Home Care Workers provide the things they do not



**"ON ANY OTHER DAY THEIR JOBS ARE CHALLENGING ENOUGH... FROM WHAT I HAVE SEEN IN MY SHORT TIME AS CEO, THEY ARE EXTRAORDINARY INDIVIDUALS WHOSE EFFORTS AND COMMITMENT ARE VERY RARELY LIFTED UP IN THE PUBLIC DOMAIN."**

have – far more than a shower or shopping for groceries for sure!

So, as we listen to the daily COVID-19 updates, let's also think about our Unsung Lockdown Heroes, those at the grassroots

delivering home care services in the homes of elderly people – some who are uncertain and anxious about the future.

**Esta Paschalidis-Chilas**  
CEO



**THE SALSA FOR SENIORS PROGRAM IS COMMITTED TO HELPING SENIORS OF ALL AGES ... 'WE BELIEVE THAT PART OF HEALTHY AGEING IS TO REMAIN PHYSICALLY ACTIVE, MENTALLY STIMULATED, AND SOCIALLY CONNECTED.'**

## SOCIAL INCLUSION AND WELLNESS

All face-to-face activities ceased from Monday the 28th of June due to the COVID-19 restrictions put in place by NSW Health, which means there have been no face-to-face activities at all during July.

We immediately started calling all our clients on a regular basis to have a chat and check that they are doing ok during the NSW Government's Stay at Home orders. Clients are enjoying their phone contact with Megan and Rommana, who have received positive feedback from clients during their welfare check phone calls. Clients are really grateful that our organisation is keeping in touch with them. We've used this opportunity to find out have clients had their COVID vaccination and if not whether we can help.

Megan has been busy gathering together items for a care pack which will arrive in the post for clients and volunteers. It includes useful phone numbers, some mindful colouring activities plus textas, word games, chocolates and coffee/tea. This will be posted out in the first week of August.

Because we are all working from home and there are none of the usual group activities it's been a great chance to catch up on all the online training that is out there for anyone working in the aged care sector. Staff and volunteers have been asked to do the online COVID Infection Control training.

Other training opportunities and online webinars have been passed on to volunteers as well as information relating to COVID for their information and to share with clients and others.

There has been some reluctance from clients to do activities such as salsa online, however as the lockdown has been extended to the end of August (at least) clients we have noticed that since the end of July clients are starting to realise the benefits of keeping in touch via online groups.

### SALSA FOR SENIORS

Exercise, socialise and have fun all without leaving your chair? Physical exercise on a regular basis is well known to have a positive impact on health and wellbeing. So, join this friendly group and our delightful instructor, Beatriz Occhiuzzi, at

one of the weekly classes at 10am during school terms:

- Wednesdays at Canterbury City Community Centre, 130 Railway Pde, Lakemba
- Tuesdays at Mount Lewis Bowling Club, 14 Waterloo Rd, Greenacre

Beatriz has been running full mobility and modified mobility Salsa classes at 4cs for the past 3 years, much to participants' delight!

Recently Beatriz said,,, 'Last week Lila's movements were so strong and confident... I've seen her grow more and more animated over the weeks, it's just beautiful to experience... She's just beautiful in how she contributes to the class, both physically and vocally.'

**Please note:** Classes are online at the moment due to the current Covid-19 restrictions.

Beatriz is passionate about supporting older people to live their best life. The Salsa for Seniors program is committed to helping seniors of all ages to feel young again. We believe that part of healthy ageing is to remain physically active, mentally stimulated, and socially connected.

Our dance classes are unlike any you have ever seen before. They run for two hours with a rest and tea-break intermission. This allows for a more relaxed pace as well as splitting the class material with a short rest in between. The tea break is an integral part of the program as it encourages more socialising among students. Research shows that the more social connections we have, the





greater the quality of our lives.

### LOCAL MP JOINS IN!

On Wednesday the 26th of May, Jihad Dib, MP, and 4cs new CEO Esta Paschalidis-Chilas took time out from a meeting to join a seated Cha Cha with the Salsa for Seniors class at Canterbury City Community Centre.

Jihad was welcomed warmly by class participants, who thanked him for his efforts in the local community. Jihad is a Member of the Legislative Assembly, Member for Lakemba, Shadow Minister for Emergency Services, and Shadow Minister for Energy and Climate Change.

### OUTINGS

Thirroul – the perfect potion for a cold wet day

On our Friday knitting group outing in June, we had a wonderful scenic drive along the South Coast stopping at Stanwell Tops to take in the amazing view, on our way to Thirroul. We stopped at an op shop in Thirroul and then we went to a fabulous eclectic cafe for lunch.

The café in Thirroul is called Martin Place Café and Book Lounge. It was quite delightful and interesting with vintage clothing for sale along with other nick-nacks

We had a lovely homemade vegetable soup for lunch, perfect for the cold wet day outside... And what a wonderful way to farewell Doreen too! It was her last day with us before she moves to her new abode.

Along with the beautiful scenic drive along the Coast, fabulous company, and food we had a very enjoyable day.

Our social groups certainly get around! Other recent outings have included lunch at North Cronulla and a walk along the beach, bargain shopping at Dollar World in Warwick Farm, a visit to the Darrell Lea outlet in Ingleburn, lunch by the sea at Maroubra Seals, and lunch at 'The Laughing Goat' café in Kogarah.

### SOCIAL SUPPORT HOME VISITING VOLUNTEERS – WE NEED YOU!

We would love to hear from anybody who has a few hours to share each week or fortnight, can drive a car, and is friendly and sociable. Our Social Support Home Visiting program matches up clients and volunteers for social home visits and / or outings.

Volunteers may take clients out for some light shopping, to a café or a place of interest, or spend time at home over a cuppa and a jigsaw, or simply for some good conversation.

Volunteering can be a very rewarding experience and can make a huge difference to someone who lives in your community.

Our clients are culturally diverse, so if you speak a community language please do get in touch!

To find out more, and how to get involved, please call Alison on 9750 9344.



## FAREWELL DOREEN

Doreen has been attending social groups with 4cs for more than 10 years, and we have been maintaining her garden since 2009, when her husband John was no longer able to do the heavy mowing and gardening.

After John passed away, Doreen found herself wanting some more social contact and joined the Knitting with Heart Group, where she met other like-minded people. This was just the beginning.

Through her connection with the 4cs Doreen has gone on to participate in many of our social groups. Her philosophy of 'just do it!' has helped to keep her an incredibly independent and well.

Doreen is moving to be closer to her family and what a wonderful way to farewell her on the new adventure at the beautiful Martin Place Café and Book Lounge in Thirroul. It was her last day with us before she moves to her new abode.

All staff, volunteers and consumers wish Doreen all the very best as she settles into her new home.





# STARS

## NATIONAL VOLUNTEER WEEK 2021

Celebrated every year, National Volunteer Week is Australia's opportunity to recognise the volunteers who improve our lives and make our communities stronger.

This years' theme was Recognise, Reconnect, Reimagine.

To acknowledge the contribution that volunteers make in the Inner West and Canterbury Bankstown areas, STARS hosted a morning and an afternoon cultural bush tucker walk along the Cooks River on the 18<sup>th</sup> May with Terry Lennis, Dharug man and respected horticulturalist.

A delicious lunch was provided in between the walks at the Café Green House in Gough Whitlam Park, giving volunteers an opportunity to meet, connect and share their personal stories of volunteering.

While volunteers are often a resilient bunch, many acknowledged that during the previous year it has been a struggle to commit their time to volunteering, given the challenges of Covid-19.

It was a beautiful day and a total of 36 Volunteers attended, from many services across the Inner West and Canterbury areas.



Some volunteers had not had the opportunity to attend a volunteer recognition event before. It was great to hear back from

**'IT WAS ALSO A WONDERFUL OPPORTUNITY TO MEET OTHER PEOPLE FROM DIFFERENT ORGANISATIONS... AND TO LEARN WHAT THEY ARE DOING.'**

some of the volunteers as Ellie said, "What a beautiful day it was. Not only did I learn some interesting things about our native flora but I also met some wonderful volunteers. I enjoyed sitting down to lunch and hearing their stories."

## NEW STARS TRAINING PROJECT OFFICER

Welcome to Leonie Puckeridge our new STARS Training Project Officer

Leonie commenced working with the 4cs at the end of May. She has over 30 years experience working in the Community sector and we are very excited to have her join our STARS team.

Leonie's main working days are Monday and Wednesday. If you would like to discuss any training suggestions please email [leonie.puckeridge@4cs.org.au](mailto:leonie.puckeridge@4cs.org.au)



## WELCOME LEONIE!

Hello, I'm Leonie Puckeridge, the new STARS Training Project Officer.

I have worked in the Community sector for over 30 years, including some years as a casual TAFE teacher in Community Services.

The last 16 years I have worked as a Carer Support Coordinator, facilitating groups and providing information to family carers of people living with a disability, frailty due to age or dementia. Back in the early 1990s I actually worked in the 4cs building Railway Parade and it's delightful to come back to work with the 4Cs warm and welcoming staff team again.

In my spare time I really enjoy bushwalking, caravan holidays, drawing, reading and volunteering at church. Last summer I had some surfing lessons, so I'm keen to get out there again with my new board – when it's warmer - and try to stay upright!

In my new role I'm looking forward to planning and facilitating a wide range of practical, and helpful training to CHSP volunteers and staff. CHSP workers (paid and unpaid) are so important to delivering quality support at home and in the community. I'm excited to have a role in equipping them with the skills for their valuable work with older people. COVID-19 has recently interrupted our training plans, so we will be "pivoting" as required and offering online options if face to face training is not possible.

I have very much appreciated Kate and Angela's support in settling into the STARS team. All the staff and volunteers at 4cs are so friendly. It's a great local community organisation doing wonderful work to facilitate connections between people, and never more needed than now!



# STARS TRAINING WORKSHOPS



AUGUST/SEPTEMBER 2021

Please note that for STARS training there is a priority of access to CHSP volunteers and staff working in the Canterbury Bankstown and Inner West Local Council Areas.

## ONLINE TRAINING WORKING WITHIN PROFESSIONAL BOUNDARIES

For CHSP Volunteers

This online session delivered by Zoom will give an overview of the concept of professional boundaries and how they relate to volunteering in CHSP.

**Date:** Wednesday 25<sup>th</sup> August

**Time:** 9:30 am - 12:00 pm

**Cost:** Free - CHSP volunteers & staff

**Facilitator:** Leonie Puckeridge

## STEP INTO VOLUNTEERING

Have you ever thought about Volunteering but didn't know where to start? Come to Step into Volunteering information session to find out! Open to the public however registrations are essential.

**Date:** Thursday 26<sup>th</sup> August

**Time:** 6:30 pm - 7:30 pm

**Venue:** Haberfield Library

**Facilitator:** Angela Gallard

**Cost:** Free

For more information and to register call Angela on 9750 9344 or [angela.gallard@4cs.org.au](mailto:angela.gallard@4cs.org.au)

## STEP INTO VOLUNTEERING

Volunteering information session to find out more about how you can volunteer. Open to the public however registrations are essential.

**Date:** Thursday 16<sup>th</sup> September

**Time:** 10:30 am - 11:30 am

**Venue:** Dulwich Hill Library

**Facilitator:** Angela Gallard

**Cost:** Free

For more information and to register call Angela on 9750 9344 or [angela.gallard@4cs.org.au](mailto:angela.gallard@4cs.org.au)

## MANUAL HANDLING

This is for workers supporting people in the community and includes risk management, back care and practical application to relevant task.

**Date:** Monday 20<sup>th</sup> September

**Time:** 10:00 am - 3:00 pm

**Venue:** Campsie

**Facilitator:** Susan Smith

**Cost:** Free for CHSP volunteers; \$50 CHSP staff

## MANUAL HANDLING

This is for workers supporting people in the community and includes risk management, back care and practical application to relevant task.

**Date:** Wednesday 22<sup>nd</sup> September

**Time:** 10:00 am - 3:00 pm

**Venue:** Marrickville

**Facilitator:** Susan Smith

**Cost:** Free for CHSP volunteers; \$50 CHSP staff

## PROVIDE FIRST AID (INCLUDES CPR) HLTAID011

This training course will give you the skills and knowledge required to provide First Aid response in a range of situations, including duty of care, recovery position, CPR, AED, bandaging, slings, asthma, anaphylaxis and medical emergencies.

**Date:** Wednesday 29<sup>th</sup> September

**Time:** 9:30 pm - 4:30 pm

**Venue:** Marrickville

**Facilitator:** Mary Blankevoort

**Cost:** \$60 CHSP volunteers; \$90 CHSP staff; \$130 Others

## OLDER PERSONS MENTAL HEALTH FIRST AID

**Limited places available  
for CHSP Staff & Volunteers!**

Over 2 full days participants will learn about the signs and symptoms of common mental health problems in the older person, how to offer initial help, where to get professional and other help, what sort of help has been shown by research to be effective and how to provide first aid in a crisis situation.

**Dates:** Friday 5<sup>th</sup> and Friday 12<sup>th</sup> November 2021

**Time:** 9:30 am to 4:30pm

**Venue:** Mervyn Fletcher Hall, Haberfield

**Cost:** CHSP Staff \$25:00, CHSP volunteers FREE

**Facilitated by Jane Massa and Danni Meredith**

## ONSITE TRAINING

STARS have accredited trainers that can facilitate onsite training for your team. Please contact Leonie Puckeridge on 9750 9344 or [leonie.puckeridge@4cs.org.au](mailto:leonie.puckeridge@4cs.org.au) if you are interested in training contextualized to meet your teams needs.

## ONLINE TRAINING

STARS is currently planning some online training events to be delivered during COVID-19 restrictions. Look out for our emails with further details to follow.

To discuss your online training needs, please contact STARS Training Officer, Leonie Puckeridge, [leonie.puckeridge@4cs.org.au](mailto:leonie.puckeridge@4cs.org.au)

Bookings and enquires 9750 9344 or [leonie.puckeridge@4cs.org.au](mailto:leonie.puckeridge@4cs.org.au)



# APPLICATION FOR MEMBERSHIP OF CANTERBURY CITY COMMUNITY CENTRE INC



Incorporated under the Associations  
Incorporations Act 2009

Canterbury City Community Centre is an Incorporated Association which is governed by a voluntary Board of Directors elected by the Financial Members of the Organisation.

To become a member of Canterbury City Community Centre Inc you must be over the age of 18, complete this form and pay the required fee, and support the stated purpose, values and vision of the Organisation.

Your application for membership will need to be accepted by the Board of Directors and, once

approved, you will be eligible to vote at Special and Annual General meetings of the Association as well as nominate to serve on the Board of Directors.

Canterbury City Community Centre Inc is governed by the Rules set out in its Constitution. Members have no liability for the payment of debts incurred by the Association beyond any unpaid annual membership fee.

The annual membership fee is \$5.50 including GST.

To apply to become a member fill out the form below or go online to [www.4cs.org.au/membership](http://www.4cs.org.au/membership).

## MEMBERSHIP APPLICATION FORM

Name .....

Address .....

Email .....

Please contact me by                      Post ☐                      or                      Email ☐

I hereby apply to become a Member of Canterbury City Community Centre Inc and agree to support the stated Values, Purpose and Vision of the Organisation and be bound by the Constitution of the Association for the time being in force.

Signature .....

Date .....

Return to, The Secretary, Canterbury City Community Centre Inc, PO Box 66, Lakemba NSW 2195

### Office Use Only:

Date Received                      /                      /

New Application ☐                      Renewal ☐

Date Approved by Board                      /                      /

Date Entered to Membership register                      /                      /

Membership Fee Received ☐

Receipt No.