





Local Artist Mahrukh's story!

PAGE 5



Lakemba Women's Health Clinic is back! PAGE 13

FEB/APRIL 2023









Hello everyone

Happy 2023 to you all and may it be kind and fulfilling for you!

As we head into the 51st year of the Canterbury City Community Centre I am excited about the contribution we will continue to make and the opportunities that lie ahead for the 4Cs to positively impact the life of the community.

In 2022 we were honoured to mark our 50th birthday by producing a special video about the work we do and I want to thank everyone who made the video possible, especially members of the community who agreed to feature in it. We also produced a commemorative edition of our Year in Review with heart warming messages of congratulations from people who are important to us and who value the work we do. For access to both our 50th Anniversary Video and the Year in Review, please visit our website www.4cs.org.au.

'OUR PAST IS BEST
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ACTIVELY CONTRIBUTE
TO THEIR FAMILIES AND
COMMUNITIES'.

It was a joy to also hold a Community Dinner to celebrate our 50th where we were able to bring together current and previous Board Members and Staff, our Volunteers, many partner organisations, community and sector leaders and friends, past and current political leaders as well as people who have supported the 4Cs over its lifetime. Whilst, we were not able to reach

everyone, we did our best to bring together as many people as possible at the community dinner.

Our community dinner affirmed how important celebration is, we really do not do it enough because we are always so busy doing our work. Holding this special event was a major task for our team and from the feedback we have, we know it was well worth it because like minded people came together to celebrate the strength of community as well as the resilience of the 4Cs and the sense of optimism our 50th birthday creates.

I want to especially mention that we were heartened by the Recognition Statements made by both Jihad Dib MP and Sophie Cotsis MP, in NSW Parliament. Their statements confirm just how vital the 4Cs is to community building and helping people reach their full potential. We thank them most sincerely in honouring us and look forward to working with them to strengthen our community into the future.

So what does 2023 look like for the 4Cs?

We understand that things change in the external environment of the 4Cs and we remain optimistic about what is possible from our humble beginnings. Just look at what we have achieved so far...we have seen sustained growth to our income, our staff and volunteers enjoy coming to work, we survived harsh lockdowns, negative media attention and a global pandemic.

As I said in my speech at the community dinner, 'our past is best characterised by a genuine belief that the people we serve are strong and deserve a fair share of resources in order to live their best lives and actively contribute to their families and communities'. This belief will continue to guide and motivate us in 2023.

2023 will be a year where we will continue to focus on doing our best to prepare for the major changes happening in community and in home aged care. Much change has already occurred at both the policy and operational levels and we work through that on an ongoing basis. The team at the 4Cs are committed to transitioning our aged care services very successfully for the 1 July 2024 deadline when the new in home aged care program will begin.

We are working with like-minded providers and fellow leaders across neighbourhood and other place based local services to ensure we understand what is expected and are responding as required. Those who have been in aged care for a long time are not unfamiliar with reform but there is no doubt that there is reform fatigue when you look at its timing against managing the various waves of Covid-19. Despite this fatigue, uncertainty and process related change, 4Cs is very well place to serve those who choose us as their aged care provider.

I can see from the indications of policy and the response from the community that there is a thirst for the services 4Cs provides in the community space as well. Our courses and programs focused on learning and education were fully subscribed in 2022 and we look forward to offering a range of programs in 2023 detailed later in this newsletter. That work can not happen without our critical partners in the vocational and school-based education sectors, we thank all of them with sincerity for working with us again this year.

Partnerships

Turning to my theme for this edition of our newsletter. Each edition I choose a theme to focus on and this time I choose 'partnerships'. I choose this one because our 50th birthday caused me to reflect deeply on our history and the spirit of partnership between very different people with a shared vision for community strengthening, locally. This spirit of partnership provided the impetus to our formation in 1972. Partnership genuinely is in the DNA of the 4Cs.

One of the features of my leadership at the 4Cs is to stay focused on partnerships and to form new ones that bring value to the people in our community. So, I look very much to 2023 as a year where we continue to forge new partnerships with organisations and people who share our values and approach. By doing so we hope to extend our service offerings across a diversity of community needs.

What I will say about the partnerships 4Cs enters into, is that they are based on mutual respect, community need and benefit are the driver and that the attributes and community expertise 4Cs brings to them is valued. Partnerships can only be meaningful when all parties to them have these shared beliefs. In my experience no signed document between people and organisations alone can create the fertile environment for genuine partnerships. It is about how we each live our values that makes the most impact and the track record of the 4Cs is that our key partnerships are long and sustained.

I want to end here by sharing with you something else I said at our community dinner, 'our motto of Community Building Community' resonates with many people and has currency. Working from local solutions and participation makes sense and has had a resurgence since the pandemic and the increase in natural disasters. Our constants which anchor us are our belief in doing things that bring about social justice towards a common good and very importantly our actions around working with those who share our values. That is our North Star – our constant. I can not wait to see what we do next and I invite you to join us on our continued journey into the next 50 years'.

I and the team thank you for all your support and engagement with us in 2022 and look forward to seeing you in 2023!

Esta Paschalidis-Chilas, CEO



COMMUNITY BUILDERS

Donation for Mum 2 Mum English Class

We are very excited to announce that we will be continuing our Mum 2 Mum English class this term thanks to a donation of \$12,000 from the construction company assisting to build the new Sydney Metro train line HSEJV – A Joint Venture between Haslin and Stephen Edwards Constructions.

Gladys Woods CEO from Haslin came and visited our English class last year where women shared stories of their settlement journey and were also inspired by Gladys personal tale of juggling family and work to become CEO of a construction company in a largely male dominated industry.

Mum 2 Mum will operate from the Cottage, 28 Haldon Street on Mondays from 9.30 am – 12 pm and focuses on supporting newly arrived women caring for children under 5 years (refugees, asylum seekers and migrants) to improve their proficiency in English.

If you would like to attend these English classes or know someone that might, please call Romana at the Centre on 9750 9344.

FASHION SHOW AND MARKET

After a long break of running market days and many women asking us to organise a market day, we are pleased to announce that we are organising a Fashion Show and Market!

To be held at the:

Uniting Hall Corner of Haldon Street and The Boulevard, Lakemba Saturday 4th March 10:00 am – 6:00 pm.

It will be a great day with a range of local fashion and accessories for women, men and children on sale, plus delicious food. Clothes will be showcased through a fashion show so come on down and enjoy the day.

For information or stall-holder enquiries please call Romana on 0412 270 811.



Lakemba Local Artist MAHRUKH HAROON

To highlight the huge number of local talented women in Lakemba each Newsletter we are highlighting the story of a local woman living in Lakemba that we at the 4Cs have had the pleasure of meeting and supporting in some small way along their settlement journey.

Marukh was born in Lahore, Pakistan 1972 and is a qualified graphic designer and college teacher with over 10 years of teaching experience in the arts and experience working with all types of art mediums. She moved to Australia in 2014 with her family and while caring for her family was her main priority she still wanted to pursue her art career. As she was in a new place she had no idea where to go or who to turn to she decided to paint. She created 4 paintings, each with different themes and topics and took them all to the Canterbury City Community Centre (4Cs). There she met Romana who was very impressed with her paintings and suggested she have a stall at the 4Cs monthly market - to help promote her art work whilst meeting new people. She soon began offering face painting at her market stall. Over time her business thrived and gained the attention of locals little by little.

Mahrukh's talent also caught the attention of the Indian Squad Women's Association where they encouraged her to start art classes with them. Her classes were a big success and she started other classes in different

'WHOEVER MOVES TO AUSTRALIA AND HAS SKILL OR TALENT FOR SOMETHING THEY LOVE PLEASE CONTACT YOUR LOCAL COMMUNITY ORGANISATION SUCH AS 4CS... THEY WILL GUIDE YOU AND HELP YOU GET STARTED.'

locations, teaching women from many different nationalities to paint. However, while she enjoyed being a teacher, her love for painting never dimmed. She continued to paint and posted her paintings on social media. This caught the attention of the CEO of Pechaan TV Network, Shafaq Jaffery.

Shafaq helped organise Mahrukh's first Art Exhibition called 'Paint the Pain', an exhibition to raise awareness of the war and horrors happening in Palestine and



Kashmir. MP David Shoebridge attended and was awed by Mahrukh's paintings and her ability to convey strong emotions. He offered Mahrukh's next exhibition to be held at State Parliament House. On the 23rd of March 2022, an exhibition on National Pakistani Day was held in the house of Parliament for the first time in Australian history.

Since then Mahrukh has had 5 other extremely successful exhibitions, themes included were 'Paint the Pain: Domestic Violence', 'Peace', and 'Paint the Pain: Around the World'. Her most recent one was held on the 4th of February 2023 in Bankstown, 'Paint the Pain: No War'. Through her art Mahrukh emphasizes the harm and irreversible trauma families and children face from exposure to war.

Mahrukh has come a long way since her arrival to Australia in 2014. She states that 'It wasn't an easy road, and it took years of hard work and endless dedication to keeping my dream a reality! She went from having a small stall in Lakemba Community Markets to being rewarded with the title of Art Director by APWA (Australian Pakistan Women's Association). She would like everyone to know that '... whoever moves to Australia and has skill or talent for something they love, please contact your local community organisation such as Canterbury City Community Centre and they will guide you and help you get started'.



GARDEN CARE

'Summertime... and the livin' is easy'

Summer is here and Sydney is a beautiful place to be when the sun is shining! The Garden Care team have been working hard to help maintain the gardens of our customers as they explode with growth following favourable weather conditions.

We have been held back somewhat by a lack of staff and we are seeking to employ a Team Leader to help fill the void left by two recent departures. If you have a Certificate 3 in horticulture and are interested in working with a team of volunteers to assist senior Australians remain living in their own home, then contact our office and speak to the Garden Care Coordinator Ben.

If you're looking to spruce up your garden this season, consider planting a vegetable garden, herb garden or creating a butterfly garden. Summer is the ideal time to plant warm-weather vegetables such as tomatoes, cucumbers and peppers for fresh produce and outdoor exercise. For a herb garden, plant basil, mint, and parsley to add fresh flavour to summer meals. To attract butterflies, consider planting butterfly bushes, coneflowers, asters, verbena, sage and native wildflowers such as Grevillea, Banksia and Boronia, which also attract native bees.

Many of the above ideas will also help with attracting bees to your garden.

Bees are crucial pollinators, and you can attract them to your garden by planting certain plants. Some examples include lavender, rosemary, thyme, native wildflowers like Banksia, Grevillea and Boronia, as well as herbs like basil, mint, oregano, and dill. These plants provide nectar for bees and other pollinators and bloom at different times of the year, from spring to summer.

JOB ALERT: GARDEN CARE TEAM LEADER



Our Garden Care program is funded by the Department of Health and Ageing to support people aged 65 years and over to remain living independently in their own homes. We are looking for a friendly, reliable team leader to assist in the delivery of easy care gardening to support frail elderly people in Inner West and South West Sydney.

Applicants must have qualifications in horticulture, supervising staff/volunteers, lawn mowing and be physically fit and have their driver's licence.

Full details of the position and application process visit www.4cs.org.au/about-us/vacancies

For further information please contact Ben Benevento, Garden Care Coordinator, Canterbury City Community Centre, Lakemba on 9750 9344 or <u>ben.benevento@4cs.org.au</u>

It's important to note that it's always a good idea to check with a local nursery or gardening expert to confirm that the plants you choose are suitable for the specific growing conditions in your area.

Summer is the perfect time to enjoy your garden and all the beauty it has to offer. Whether you're planting a vegetable garden, creating a butterfly garden, or just relaxing in your garden, there's something for everyone to enjoy. So get outside and make the most of this beautiful season!

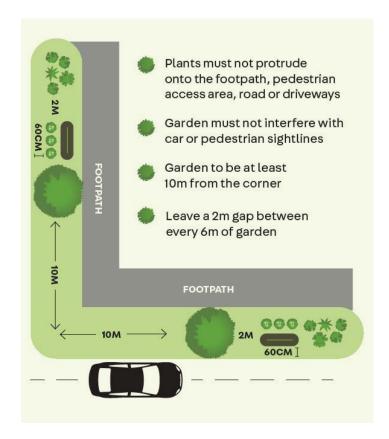
ENVIRONMENT@LAKEMBA

Environment@Lakemba is a group of local residents keen to reduce littering and household dumping of goods in Lakemba and surrounds.

This year the group is going to focus on improving street verges/nature strips by encouraging people to plant a Verge Garden and take better care of this area. Research indicates that when people look after their nature strips and keep them looking beautiful with plants/vegetables/flowers it reduces litter and dumping.

We are planning a bus tour of local verge gardens for people to get ideas, learn about the different type of plants that are best suited to this type of garden, as well as share ideas and meet others interested in creating a verge garden.

Got to <u>www.cbcity.nsw.gov.au/onlineservices/</u> <u>guidelines-for-establishing-a-verge-garden</u>



Next Meeting Environment@Lakemba

Wednesday 22nd February 2023, 5:30 pm to 7:00 pm at Canterbury City Community Centre, 130 Railway Parade, Lakemba

For more information call Kate on 9750 9344

COMMUNITY



Our gardeners from our Garden Care service have been working in the Community Garden doing a great job weeding, pruning and generally tidying up and as a result the garden has been looking great.

In addition Community gardeners have been very busy in the garden looking after their individual plots and taking care of the communal areas on working bees.

Given the very wet and humid weather, everyone's plots are looking very green with lots of produce.

If you are interested in having a plot in the community garden and live in Lakemba, please contact the Centre on 9750 9344 to put your name on the waiting list. Plots regularly become available.

The cost of a small plot is \$30 for the year and a large plot \$50.

UPCOMINGWORKING BEES



Working Bees are usually held the 1st Saturday of the month.

Come share company, ideas and seeds and help with weeding, pruning and keeping the garden tidy.

Up-coming dates are Saturdays: 4th March, 1st April and 6th May 2023 8.30 am – 12.30 pm.

A text will be sent out to all gardeners to confirm the working bees.

Our 50th Anniversary Dinner

WHAT YOU THOUGHT

It was wonderful to receive your feedback after we marked our 50th birthday in a range of ways in 2022. We wanted to share this with you and also say that we take all feedback seriously at the 4Cs and thank those who provide it.

One email that really stood out was from someone who has a very long-standing history with the 4Cs. She said, 'having come into contact with the 4Cs from my early working days as a Multicultural Child Protection Caseworker based at Lakemba and right through my career with the Department has offered me numerous reasons to appreciate the 4Cs and its contribution to the local social fabrics.

I was certainly reading the 50 year commemorative year in review with such admiration, joy and pride. To have the opportunity to work with the team as your CPO, and prior to that as your SSDO when I was with ADHC, has offered me such knowledge, appreciation and confidence in the work that has been tirelessly carried on by the team. You all have certainly created wonderful changes to the life of local residents and communities. Thank you for your unwavering commitment to supporting Lakemba community, particularly its vulnerable members.

One of our valued partners says, 'Thank you for sharing the 50 years in Review, what a fabulous compilation of all 4C's has achieved. You must be extremely proud to lead such an amazing organisation. Yesterday was wonderful, we finished the program with interview skills, and I presented the women with their certificates of completion. My heart is full Romana is an absolute angel and I have truly loved the past 6 weeks at The Cottage with her and this amazing group of women. Thank you for trusting me with the 4Cs women and giving me the opportunity to work with them, as well as Kate and Romana. I am super excited about 2023!'

Another valued partner says, 'Thanks so much for inviting me to the 50 year celebration! It was inspiring and I was so impressed with all the details including the artwork, welcome to country and Aboriginal singers and storytellers and the whole feel of the celebration. It was wonderful to hear about the excellent work the centre has done for their local community!'

An important supporter of our work says, 'Thank you very much Esta. It's interesting reading yours and other people's reflections and that amazing history - which I only knew some of'. Another one says, 'Hi Esta, your birthday celebration dinner was a highlight! Congratulations to all past and current workers - a credit

to you all! I was sad that Kate was not there to reap the benefits of the hard work done throughout the years'.

Another says, 'thank you for sending the booklet, it was a great read and it is fantastic that the service has reached 50 years and is still going strong. Well done to you, Liz and all the staff and volunteers over so many years. The Community Planning & Development Team at Council greatly value 4Cs as a key community stakeholder. Best wishes and looking forward to another 50 years in partnership'. Another, 'thank you for your 50 year Commemorative Year in review an incredible list of community connections. The service that the 4Cs have provided over all these years is so highly valued in our City'.

A sector leader says, 'what a wonderful summary of an amazing 50 years - community organisations like 4Cs are so instrumental to the fabric of a community and that is easily underestimated by those who do not take the time to see it in action. I would love to come and visit one day! I'm really looking forward to working together"

Another sector leader says, 'Thanks Esta! What an achievement for 4Cs, congratulations to you all, such a deep rich and impactful history that is alive today. Shravan, from our team, told me how fabulous the celebration was and wish I could've been there'.

A community member says, 'Thank you and everybody who organised yesterday's 50th Anniversary celebrations. The reception, food and presenters were well organised. I am one of the environment@lakemba members that meet every second month at the 4Cs. We discuss and recommend ways to keep Lakemba clean. I think I was one of the early ones who joined the group because I still remember discussing with Kate MacLean and the other members what would be a relevant name for our group. We then decided that environment@lakemba was appropriate. Again, please forward my sincere thanks to all who organised the 50th Anniversary of the Canterbury City Community Centre'.

44

Thank you for your unwavering commitment to supporting Lakemba community, particularly its vulnerable members







STEP INTO VOLUNTEERING

2 FREE INFORMATION SESSIONS AVAILABLE



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.

When: Monday 20th February 2023

Time: 11:00 am to 12:30 pm

Where: Carrington Centre, Campsie

Cost: Free

Register via 4cs.org.au/civicrm/event/info?reset=1&id=299

OR

When: Thursday 30th March 2023

Time: 10:30 am to 12:00 pm

Where: Haberfield Library

Cost: Free

Contact Angela Gallard for further information on how to register angela.gallard@4cs.org.au or 9750 9344

ORANGES TOOLKIT - RESILIENCE & AGILITY

2 DAY PROGRAM FOR CO-ORDINATORS/MANAGERS/EXECUTIVES WITH 3BRIDGES

When: Wednesday 15th February 2023 &

Wednesday 1st March 2023 (attend both sessions)

Time: 9:00 am to 5:00 pm

Where: Peakhurst

Cost: Free (including lunch/refreshments

Register here

Numbers limited

Limit of 2 registrations per organisation

SAFE FOOD HANDLING (NON-ACCREDITED)



PARTNERING WITH 3BRIDGES

Safe Food storage and handling; personal hygiene; hand washing; glove use; legislation; cross contamination; food transportation: Frozen, cold & hot food; spoilage; cleaning & sanitation.

When: Tuesday 14th February 2023 Time: 9:30 am to 12:00 noon

Where: St George Cost: Free

Registervia 4cs.org.au/civicrm/event/info?reset=1&id=306

PROFESSIONAL BOUNDARIES FOR CHSP STAFF AND VOLUNTEERS

PARTNERING WITH 3BRIDGES

When: Thursday 23rd February 2023

Time: 9:00 am to 12:30 pm

Where: St George

Cost: Free

Register via 4cs.org.au/civicrm/event/info?reset=1&id=307

OR

When: Thursday 16th March 2023 Time: 9:00 am to 12:30 pm

Where: Sutherland

Cost: Free

Register via 4cs.org.au/civicrm/event/info?reset=1&id=308

CUSTOMISED ONSITE AND ONLINE TRAINING



STARS have accredited trainers that can facilitate onsite or online training for your team.

Please contact Leonie Puckeridge, STARS Training Officer on leonie.puckeridge@4cs.org.au or call 97509344 if you are interested in training contextualized to meet your team's needs.



SERIOUS INCIDENT RESPONSE SCHEME & INCIDENT MANAGEMENT REQUIREMENTS

FOR CO-ORDINATORS AND SENIOR STAFF (IN PARTNERSHIP WITH 3BRIDGES)

This 90 minute onlines session covers the requirements for agency policy statements, the design of appropriate response and incident management procedures and the new reporting arrangements under SIRS.

A collaboration between STARS training and 3Bridges Community

When: Wednesday 8th March 2023

Time: 10:00 am to 11:30 am
Where: Online via Zoom

Cost: Free

Facilitator: Glen Sorensen

Registervia 4cs.org.au/civicrm/event/info?reset=1&id=311

GOVERNANCE TRAINING FOR CHSP SERVICES BOARD MEMBERS

A Collaboration between Sector Support providers in St George, Canterbury Bankstown, Macarthur and South West Sydney

Four Wednesday evenings

When: Wednesday 26th April 2023,

Wednesday 3rd May 2023. Wednesday 10th May 2023 & Wednesday 17th May 2023

Time: 6:00 pm to 9:00 pm

Where: Riverwood

Cost: Free

Register via 4cs.org.au/civicrm/event/info?reset=1&id=326

DIGITAL TRANSFORMATION INFORMATION SESSION

- FOR SMALL TO MEDIUM NON FOR PROFIT CHSP PROVIDERS



An overview of the resources and information available through the Digital Transformation Hub to guide your organisation's next steps on the digital transformation journey.

When: Thursday 6th April 2023

Time: 10:00 am to 11:15 am

Where: Online Cost: Free

Facilitator: Reza Torkman, InfoXchange

Register here

VOLUNTEER COORDINATOR MEETINGS

HELD QUARTERLY ONLINE VIA ZOOM

Are you a volunteer coordinator or have volunteer co-ordination as part of your role? Come and join other coordinators for connection and support. Held quarterly via zoom.

The first hour will be for anyone coordinating volunteers who wishes to join. The second hour of the meeting will be for CHSP Volunteer Coordinators discuss implementation of Aged Care reforms.

Next meeting March 2023 TBC

For further information contact Angela on 9750 9344 or angela.gallard@4cs.org.au

TO REGISTER please use the links in this calendar. For further information or other training enquiries, please contact:

Leonie Puckeridge, STARS Training Officer email leonie.puckeridge@4cs.org.au or call 97509344

Angela Gallard STARS Project Officer email angela.gallard@4cs.org.au or call 97509344

SOCIAL INCLUSION

CLUB COLOURS – soft pastel art skills development

CLUB COLOURS is an art and craft program for a culturally diverse group of up to 12 seniors at each session being presented from 10.30 am – 1.30 pm on the 2nd Tuesday of each month (except January) from September 2022 to March 2023 (6 workshops).

It is designed to offer art and craft skills development and socialization for seniors, many with mobility and other health challenges. This progress report covers the first 4 workshops held in 2022 which featured softpastel drawing.

The first session in September was a simple introduction to still life drawing. Vessels (Vases, jugs and bowls) and flowers were provided as subjects to learn about light and shade, how to make an object look 3-dimensional, composition of subject in a space, on a page and about the use of bold contrasting colour for which the soft pastel medium is very suitable.

In the second workshop in October, we looked at perspective, assisted by some images of canals in Venice. It was the day after the Labour Day long weekend and the group was smaller and started a bit late and lunch was served early. Nonetheless the group were engaged and reported that the 'perspective' topic was more challenging than the earlier still life exercises.

For workshop 3 in November, participants were asked to bring along a personal item to add to a still life composition, imbuing their artwork with a unique personal touch. This could include a Christmas or culturally significant object.

The finished still life pastel artworks created together with personal items or Christmas decorations were then photographed. Before the December workshop, photographed artworks were edited and reproduced as A5 Greeting cards.

'IT WAS VERY WELL ORGANISED, HELPFUL INTERESTING AND OUR GROUP JUST LOVED IT. SORRY IT WAS ONLY ONCE A MONTH.'

In the 4th December workshop, a shorter class, featured drawing in pastel of images inspired by Art Deco posters. After lunch, packs of greeting cards from the earlier photographed images were happily distributed and shared. Some time was also devoted to completion of some feedback forms by participants. 11 new works were produced in this shorter session.

What did the participants say about Club Colours?

'Anne Marie is amazing. She's very helpful. I learned a lot from her. Everything is perfect!'

'It was very well organised, helpful interesting and our group just loved it. Sorry it was only once a month.'

'I didn't think I could draw until I joined Anne-Marie's class. Being the first pastel art project, I enjoyed every moment of it. Multicultural members of the group'. 'Express yourself'.

'We should do more of this it makes us think and create'.

This project was funded by a grant from Canterbury Bankstown Council's Community Grants Program.



OUTREACH SERVICES

To Book a FREE and CONFIDENTIAL appointment at one of the services below please call our Centre on 9750 9344.

NEW FAMILY LEGAL AND DOMESTIC VIOLENCE ASSISTANCE SERVICE

Working in partnership with Marrickville Legal Service (a not-for-profit Community Legal Centre) we are happy to announce a new Legal outreach service starting at the Centre in March. The service will be able to provide FREE advise on a range of family legal matters including;

- Separation (including separation under one roof)
- · Getting a divorce
- Making parenting arrangements after separation
- Dividing property after separation
- Consent orders
- Going to family dispute resolution (mediation)
- Representing yourself at court
- Applying to Legal Aid

In addition they can provide specialist domestic and family violence casework and support services including; support and referrals, legal advice & advocacy, risk assessment and safety planning.

COUNSELLING FOR TORTURE AND TRAUMA VICTIMS

Newsha Javahery, 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.

Call **STARTTS** directly to make an appointment on (02) **9646 6800** – Ask for the Intake Counsellor



LAKEMBA WOMEN'S HEALTH CLINIC IS OPEN!

We are very excited to welcome back Leichhardt Women's Community Health Centre and the new nurse Comfort to work in partnership with us to provide the Lakemba Women's Health Clinic.

The clinic will operate fortnightly from the Centre's offices at 130 Railway Parade Lakemba. Now operating for over 8 years, the clinic has been a run-away success, providing a range of preventative health screenings for local women. The nurse can see women by appointment for a range of concerns including cervical screenings, breast health, contraception and menopause advice, and emotional health and well-being.

The nurse can provide a range of general health information as well as screenings including; cardiovascular risk assessments, blood pressure, Vitamin D, cholesterol and glucose checks. to make a FREE and CONFIDENTIAL appointment call 9750 9344.

ASSISTANCE WITH FORMS AND MyGOV



Need help completing a FORM or registering for online government sites such as My Gov?

Once a week there are volunteers to help you fill out forms including; Centrelink and Housing applications. We can assist you to understand and complete the form, but do not give advice.

You must call the Centre to book an appointment on **9750 9344** and discuss which form you need assistance. If it is something we cannot help with, we will try and refer you to another organisation that can assist.

SEWING CORNER

Get together with other women who share your passion.



Sewing Corner is open to all sewing enthusiasts to meet, share ideas and create your own projects. Whether you are looking for a place to hone your sewing skills, work with others on sewing projects or simply want to do some alterations. We will provide sewing machines with the accessories (scissors, needles, measuring tape etc.). You will need to bring your own fabric or garment to work on.

You must know how to use a sewing machine - all skill levels welcome.

When:

Every Thursday during School Term Starts Thursday 9th February 2023 12:30 pm to 2:30 pm

Where:

The Cottage 28 Croydon Street, Lakemba NSW 2195

Bookings Essential: To book call Romana on 0412 270 811

Cost: Free with limited childminding available.

This event is supported by Canterbury Bankstown Council's Community Grants and Event Sponsorship Program 2022-23









COMMUNITY BUILDERS ACTIVITIESTERM 1 - Commencing February 2023



We have some new activities this Term at the Cottage - please see below. If you would like more information call Romana on 0412 270 811 or romana.waseem@4cs.org.au

ENGLISH & WORK SKILL CERTIFICATE II - SYDNEY COMMUNITY COLLEGE



This course will help you improve your English, learning and other work skills to open up employment opportunities.

Wednesdays and Fridays Starting Wednesday 15th February 2023 9.30 am - 2.30 pm (33 sessions) At the Cottage 28 Croydon Street, Lakemba

Enrolment: Friday 3rd February 2023, 9.30 am - 12.00 pm at the Cottage

ENGLISH CLASSES FOR WOMEN - FREE



For Beginners to Intermediate

Monday Mornings - 6th February 2023 10.00 am - 12.00 pm - **No Childminding** The Cottage, 28 Croydon Street, Lakemba 2195

Mum 2 Mum - English classes for mums with children aged 0 to 5 years. Activities provided while you learn.

Monday Afternoons - 6th February 2023 1.00 pm - 3.00 pm, Hampden Park Public School Hampden Road, Lakemba 2195

For details on how to join call Romana on 0412 270 811 or romana.waseem@4cs.org.au.

ENGLISH AND COMPUTER LEVEL 1 - WITH SYDNEY COMMUNITY COLLEGE



This course will help you improve your English and Computer skills.

Course is 8 sessions on Wednesdays 9.30 am - 12.30 pm. Starting 8th February 2023 At Hampden Park Public School,

Enrolment: Monday 6th February 2023, 9.30 am - 11.30 am, Hampden Park Public School

INTRODUCTION TO COMMUNITY SERVICES - SYDNEY COMMUNITY COLLEGE



This short course will help to provide entry level support for basic client care within the community services sector.

Tuesdays or Thursdays 9.30 am - 2.30 pm.

Tuesday session - starting 7th February 2023 At the Cottage 28 Croydon Street, Lakemba

Thursday session - starting 9th February 2023 At the Centre 130 Railway Parade Lakemba

Enrolment; Tuesday 31st January, 10.00 am - 100 pm At the Cottage 28 Croydon Street, Lakemba

INTRODUCTION TO THE BEAUTY INDUSTRY - TAFE



10 week program for women designed as a pathway into the Beauty industry

Starting Wednesday 26th April 9.30 am to 2.30 pm. At the Centre 130 Railway Parade Lakemba

Enrolment: Wednesday 29th March 2023

LAKEMBA LADIES LOUNGE



Every Thursday during School Term

Starting 9th February 9.00 am to 12.00 pm. At the Cottage 28 Croydon Street, Lakemba

SEWING CORNER



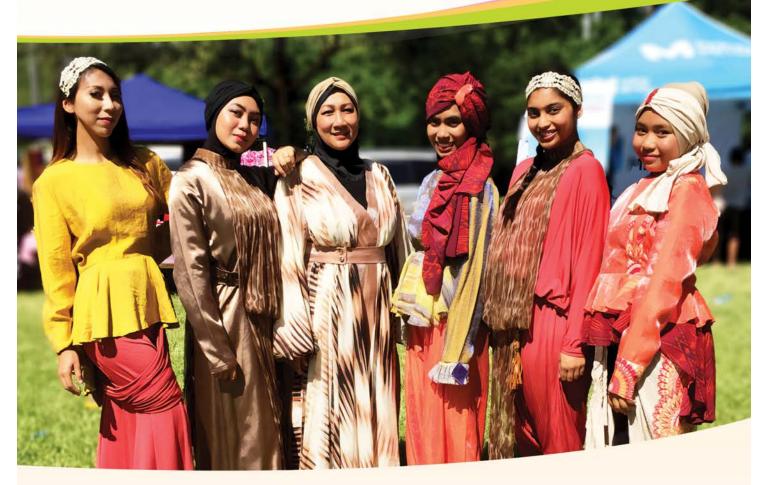
Every Thursday afternoon.

Starting 9th February 12.30 pm to 2.30 pm. At the Cottage 28 Croydon Street, Lakemba

Sewing machines will be available at the Cottage. You must provide your own material and have experience using a sewing machine. To book a machine, call Romana 0412 270 811. **Bookings essential.**

FASHION SHOW AND MARKET

To celebrate International Women's and Harmony Day Saturday 4th March 2023



Come along and enjoy a Multicultural Fashion Show, enjoy delicious food and do some shopping. There will be a range of women's, men's and children's clothes and accessories for sale.

When:

Saturday 4th March 2023 10:00 am to 6:00 pm

Cost: Free

Where:

Uniting Hall
Cnr of Haldon Street & The Boulevard,
Lakemba NSW 2195

Interested Stall Holders: Please contact Romana on 0412 270 811 for full details

This event is supported by Canterbury Bankstown Council's Community Grants and Event Sponsorship Program 2022-23





