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AFTER OVER 2 DECADES 4CS SAYS FAREWELL TO CEO LIZ MESSIH

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4CS NEWS

CANTERBURY CITY COMMUNITY CENTRE



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JAN/MAR 2021

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Canterbury City
Community Centre

Community Building Community

CEO NEWS

As many of you know I am finishing my time at the 4cs and relocating to live just out of Sydney and hopefully continuing to work part time in the sector closer to my new home.

While I am sad to leave the 4cs and the local community I am confident that the Organisation will flourish under new leadership and will continue to grow and meet the ever changing needs of our community.

The 4cs Board of Directors have engaged in a very thoughtful and comprehensive recruitment process which has attracted an amazingly high standard of applications. We are very appreciative of all who applied for what has been a very competitive process and are especially heartened by the number of applicants who said they applied because of the 4cs reputation as an ethical provider of services.

Thank you to our Board for their commitment and the diligence shown on behalf of the members and the community.

The new CEO will be starting in mid February and there will be an opportunity to meet her in the

next newsletter... if not in person in the coming months! I am thrilled about the appointment of Esta Paschalidis-Chilas to the role – Esta is well experienced as a Service CEO with extensive experience in the Sector and a deep knowledge of the Canterbury Bankstown and Inner West areas. I know that as the new CEO Esta will have the support of a very committed team at the 4cs... volunteers, staff and Board who are all working to ensure the Organisation keeps building its capacity to better meet the needs of its constituents.

CAREER HIGHLIGHTS

I've been asked to share a few highlights of my time at the 4cs... and over 22 years there are a few! Really the fond memories are all to do with people... being able to work with others around a common purpose and shared vision and to achieve real change and impact in people's lives. It has been an incredible privilege in my life to work at the 4cs and in this community... one of the most diverse, generous, resilient, hardworking and harmonious communities in Australia if not the world!

In the early days we had such limited funding and it was a long struggle against an inequitable and static distribution of Neighbourhood Centre Funding which saw our Centre as one of the worst funded

in NSW... with the Program funding frozen at pre-determined levels for over 20 years. A highlight was undoubtedly when Linda Burney MP, as Minister for Community Services, initiated a review of neighbourhood centre funding and additional funds were put out to tender which we were fortunate to secure after a decade of advocacy. It is hard to believe that we have grown from a part time staff of two (including me) and an annual budget of \$50 000 to employing 50 staff and a budget of \$3 million.

Another highlight has been the long running stand taken by the 4cs against the dog whistling and negative portrayal of our suburb in the media which led to our 'I Love Lakemba' merchandise, the short film in 2017 and eventually the song 'Everyone is Welcome Here in Lakemba' which went on to win the Sydney Vision Song Contest. We have been thinking we don't need to say it anymore... but language matters and perhaps we can't say it often enough.

During the 20+ years there have been many services established by the 4cs... STARS, Garden Care, the Lakemba Community Garden, the original Canterbury Men's Shed, the Lakemba Ladies Lounge and an ever changing number of short courses, social inclusion groups, events and activities. Some activities have grown to become large services



"OUR CENTRE WAS ONE OF THE WORST FUNDED IN NSW... (UNTIL) LINDA BURNEY MP, AS MINISTER FOR COMMUNITY SERVICES, INITIATED A REVIEW... AND SECURED FUNDING AFTER A DECADE OF ADVOCACY."

MESSAGE FROM THE BOARD

The Board of the Canterbury City Community Centre (4cs) is delighted to announce that Esta Paschalidis-Chilas will be stepping into the role of CEO from mid-February.

Esta is a Social Worker, mother of two daughters, and a long-term member of the community of Canterbury. She will bring to the 4cs more than 30 years of experience strategically leading and governing a diversity of social services.

As a former CEO of Metro Assist and Canterbury City Council Councillor, she has a strong affinity to our local community and knows it very well.

She most recently held the role of Government and Member Relations Manager at Settlement Services International. There she led strategy focused on building strong and productive relationships with stakeholders and funding bodies.

This work allowed the organisation to grow its services and its geographic footprint markedly.

Esta is looking forward to taking up the role of CEO and building on Liz Messih's leadership achievements and community focused legacy.

The Board is enormously grateful to Liz for her valuable legacy, and we look forward to celebrating this more fully before she leaves 4cs at the end of March.

We are also thankful for the flexibility and support Liz has provided in ensuring a smooth transition process, and in positioning 4cs so well for ongoing excellence in service provision.

As we navigate this change - as with others we've faced in recent years and will continue to face - we are very privileged to have the guidance of two such strong, ethical and community-minded female leaders.

Rhiannon Cook
President

in their own right... and of course there have been many staff, Board members and volunteers alongside on the 4cs journey who have each contributed their labour, skills and knowledge to provide better services for our community and to build the capacity of our Organisation.

As part of this tradition we will continue to grow and develop over the years ahead... always building on our capacity to be of service in our community. I am excited to see where Esta and the Board will lead the Organisation in the years ahead - the 4cs is in good hands and with your support will continue to do great things!

ANNUAL GENERAL MEETING

Due to Covid 19 restrictions, our AGM in November 2020 was a much smaller event this year... for members only with half attending via zoom. We were able to conduct the important business of the meeting with our Reports, including our Financial Reports, being adopted and the 2020/21 Board elected. Thank you to Rhiannon Cook (President), Rachael Gavarotto (Vice President), Jubaida Hossain (Secretary), Steven Hoy (Treasurer) and Directors Annette Bird,

Max Dixon and Michael Stoddart for accepting the responsibility and seeing us through this critical time. Thank you also to retiring Board members Sousan Ghecham, Fady Girgis and Aka Rangiura for their contribution to the 4cs. Life Membership was presented to Aka Rangiura for his long service over 12 years on the Board of Directors. Our Reports can be viewed on the 4cs website.

2021 COVID UPDATE

It feels like for most of 2020 we have been in suspended animation with the impact that Covid 19 has had on our day to day operations and our ability to plan for the future.

We are very aware that Covid 19 still presents a threat and have active and ever evolving Covid Safe plans in place. Thank you to all who have adhered to requirements to stay home if unwell, get tested, participating in all the extra cleaning and wearing face coverings to keep us all safe. We now have QR log ins at each venue - please ask a member of staff for assistance if needed.

SERVICE UPDATE

As we cautiously move into 2021, we have made progress on the expansion of services first started 12 months ago. The newsletter contains information about a number of new activities, as there is always something to get involved in and we always need volunteers!

We are welcoming new staff in the Home Care Packages and Social Inclusion Programs and will soon recruit new staff in Garden Care. Nice to have Susan Tawdrous, Kerry Muldoon and Rommana Kiaz join our team - welcome!

At the end of 2020 we farewelled long term STARS Training Officer Deb Helmrigh, who has taken up employment at Dementia Australia. Tiko Freddie has also left the Home Care Packages Program and is studying this year. Thank you to Deb and Tiko for their contribution to the 4cs and our community.

That's it from me! Wishing Esta and the amazing team at the 4cs all the best for the year ahead!

With warm regards
Liz Messih - CEO

COMMUNITY GARDEN

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.

Unfortunately however there has been an increase in theft of produce from the garden, with many gardeners upset at losing their cherished vegetables after growing them from seed and months of care.

Gardeners are keen to let the community know they are welcome in the garden, but not to pick anything from the garden while they are enjoying the space.

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 has been a bit more quiet than usual due to Covid-19, however, they are keen to continue working together to educate the community about reducing waste. The great news is that thanks to Brodie from

Canterbury Bankstown Council assistance applying for funding we were successful in getting a grant from the Environment Protection Association to reduce take away litter in Lakemba, with a focus on working with local business and signage across 4 hot spots – Wiley Park, Haldon St, Hampden Rd and Fairmount st.

The group is always looking for members so if you would like to get involved and learn about Environment@Lakemba please come to a meeting where we share a meal and plan activities.

CLEAN UP AUSTRALIA DAY

In 2021 Clean Up Australia Day is on Sunday 7th March. This year Environment@Lakemba will be running its clean up activities on Saturday 6th March 2021, starting from the Plaza next to Lakemba Train Station on the corner of the Boulevard and Haldon Streets, Lakemba.

Bags and gloves will be supplied, so come on down and help keep Lakemba Clean.

Date: Saturday 6th March 2021

Time: 10:00 am – 12:00 noon

Venue: Plaza next to Lakemba Train Station on The Boulevard, Lakemba

For more information call Kate on 9750 9344.



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 1st Saturday of the month.

Up-coming dates are:

- Friday 15 January
1:00 pm to 4:00 pm
- Saturday 6 February
8:30 am to 12:30 pm
- March 2021 to be advised

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.



STATEMENT OF ATTAINMENT IN FLORISTRY



TAFE
NSW

6 week Introductory Course for
Beginners 900-30117V01



In partnership with TAFE NSW will be delivering a short entry course for people interested in studying Floristry. This short course will provide the participant an insight of the floristry industry and a pathway into further study.

Venue:

Level 1
194 - 198 Lakemba Street
(entrance on Croydon St)
Lakemba NSW 2195

Course Duration:

Thursdays for 6 weeks
From the 18th February to
25th March 2021
10:00 am to 2:00 pm

Enrolment/Information

Session on:

Thursday
4th February 2021 at
10:00 am to 11:00 am

Cost: Fee-Free This course is fully NSW government subsidised. If eligible for the NSW Government Smart and Skilled funding.

Applicants must be: No longer at school; Living in NSW; An Australian citizen, Australian permanent resident. Australian permanent humanitarian and/or some Bridging visa holder

For information call Romana on 0412 270 811 or the 4cs on 9750 9344





"92% OF RESPONDENTS BELIEVE THAT LITERACY AND NUMERACY CHALLENGES FACED BY THEIR CLIENTS PREVENTED THEM FROM IMPROVING THEIR QUALITY OF LIFE."

4CS FORM FILLING SERVICE

While the form filling service was closed temporarily due to Covid-19 earlier this year, when the doors re-opened the service was extra busy. Jacinta and her pair of experienced volunteers (Mahmuda and Hardip) have been helping people complete a range of forms to access vital services.

The service operates every 1 day per week between 9:00 am to 3:00 pm and is available by appointment only. Appointments book out quickly and there is often a waitlist - a reflection of the growing need within our community.

Between the July - December 2020 period the service assisted over 60 people complete 73 forms, with Centrelink and Housing applications the most common. Other applications and forms included online passport applications, Tax File Number applications, and even birth registrations!

For more information or to make an appointment, call the Centre on 9750 9344.

HELPING CLIENTS FILL IN FORMS REPORT NOV 2020

In September last year the 4cs was approached by Social Equity

Works to participate in a research project by the NSW Council of Social Service (NCOSS) and the Reading and Writing Hotline to examine the extent to which the high levels of literacy and digital literacy are needed to complete a range of forms and impact a person's ability to access essential services.

In addition, they looked at the extent to which community organisations are providing literacy support to community members to help them access essential services such as Centrelink, Housing and Health, particularly when Government and other service organisations are not providing this support.

The Report found that 44% of Australians have literacy levels that make it difficult to complete the increasingly complex forms required by service organisations and hence may not be able to access the support they need.

The research also found that demand for support to fill in forms is increasing due to factors such as increasing job losses due to Covid-19 and the move to online apps and forms.

The research also highlighted the fact that community organisations such as the 4cs are responding in innovative and flexible ways to provide form filling support, but

that this vital service is not generally recognized by funding bodies and hence has to be 'squeezed in' amongst other services placing increasing strain on already stretched resources.

Jacinta, along with volunteers Hardip and Mahmuda were interviewed by the research team.

The most common forms requiring support at the 4cs are from the Department of Housing and Centrelink, as well as support setting up My Gov online accounts.

Apart from successful completion and submission of the form other benefits to clients of the service include:

- feeling more confident to fill out a form alone in the future
- feeling confident that forms have been completed correctly
- access to printers and scanners to upload supporting documents
- someone to listen and talk to.

People requiring assistance with forms have regularly been referred to other services for financial and welfare assistance.

A copy of the Report can be found on the Reading and Writing Hotline [website](#) or from Jacinta or Kate at the 4cs by phoning 9750 9344.

LAKEMBA *Ladies* Lounge

JANUARY TO MARCH 2021

Every Thursday during School Term, 10 am to 12 pm at The Cottage, 28 Croydon St, Lakemba.
For more information call Romana on 0412 270 811.

Lakemba Ladies
Lounge is closed
over the January
holiday break.
Re-opens Thursday
11 February 2021

FEBRUARY

Healthy Eating

Thursday 11 February

with Katie,
Diabetes NSW & ACT

Eye Makeup Tips

Thursday 18 February

with Sonia

Candle Decoration

Thursday 25 February

with Mahira

MARCH

Health Talk

Thursday 4 March

with Lisa,
Women's Health Nurse

Make Kulfi

Thursday 11 March

with Sonia

Harmony Day Outing

Thursday 18 March

place to be confirmed

Make Pakora Karri

Thursday 15 March

with Farzana

For information call **Romana** or **Kate** on **9750 9344**



GARDEN CARE

2020 OVERVIEW

Well... What a year we just had!

2020 started well enough, but we were soon faced with the unfolding disaster of the bushfires which not only devastated so much of our bush but also generated terrible air quality. This affected so many of our clients as well as our ability to deliver the service.

Without a moment to catch our breath the COVID 19 pandemic hit and we found ourselves washing our hands every 5 minutes, socially distancing, and even isolating due to a deadly virus.

One thing that did remain constant was the resilience shown by all our staff, volunteers, and contractors to work through one of the toughest years we have ever experienced.

Despite all the challenges we achieved a great deal of work and provided our clients with much needed garden support.

Overall, we provided a gardening service to 541 individual clients. 300 received an Easy-Care Gardening Service; 377 received a Lawn Mowing Service and 79 receiving a Garden Support Service. Over 300 cubic metres of paper & mulch was applied to garden beds to help minimise water use and weed regrowth.

Our wonderful volunteers contributed over 1,800 hours of their time and effort despite not being able to volunteer for almost 3 months of the year. Without their efforts we would not have been able to achieve so much.

A big thank you to all our clients for their understanding and their cooperation in complying with the Covid Safe precautions, that help to keep us all well.

COVID 19 UPDATE

As there continues to be outbreaks of the COVID 19 pandemic in Sydney, some quite close to our service provision area, Garden Care staff are maintaining & re-enforcing social distancing with clients, as part of their Covid Safe Plan.

Garden Care staff will call clients on arrival and discuss their garden service needs on the phone. Should the customer want to have a face-to-face meeting, our staff will wear a face mask and ensure a minimum of 2 metres of social distancing at all times.

Customers are strongly encouraged to remain indoors while we attend to the gardening. This ensures we mitigate any risk of contracting or spreading the virus.

GARDEN CARE TAKES TO THE AIRWAVES

In December 2020 the Garden Care Coordinator, Ben, and Garden Care volunteer, Michael, were interviewed on Radio Skid Row by morning DJ Colin Hesse. The

interview was a great opportunity to promote the Garden Care program and the benefits it provides to the community. To listen to the interview go to the [link](#)

ITS SUMMERTIME!

While Summer is a great time to get out into the garden and do some weeding, pruning & mulching, there are some weather conditions that are not conducive to being outdoors.

4cs has a comprehensive Weather Policy that provides staff with guidance on when to down tools and seek relief from the elements.

Heat stroke and sunburn can cause long lasting damage and therefore we take a precautionary approach during extreme weather conditions. We have also invested in shade umbrellas that will provide shade to staff and volunteers in yards that are exposed to the elements. Of course, for our home gardening clients, the hazards are the same.

Some Hot Weather Safety Tips:

- Stay hydrated.
- Avoid dehydrating liquids (Coffee, tea, soft drinks and alcohol)
- Wear protective clothing & sunscreen Pace yourself
- Schedule frequent breaks
- Avoid getting sunburn
- Be alert to signs of heat related illness. These can include flushed skin, nausea and vomiting, headache & racing heart rate. Seek medical assistance if you think you may be affected.

GARDEN CARE VOLUNTEERS NEEDED

Garden Care is always in need of volunteers to support the work we do. If you would like to work in the great outdoors and have a love of gardening – this could be the volunteer job for you.

No experience is necessary as training is provided. You will be working in teams, under the guidance of a qualified Team Leader, so there is an opportunity to meet new people as well as gain some new skills. We work in gardens across the Inner West and Canterbury Bankstown areas. Please call Ben on 9750 9344 for more information.

SALSA 4 SENIORS

Are you over 65 and looking for fun social activities?



If you are over 65 and looking for fun social activities then come along and learn how to dance the Salsa. All abilities are welcome, no prior experience required with two sessions available:

Tuesdays: Commencing 2nd February 2021

Time: 1:30 pm to 3:30 pm

Venue: Greenacre Area Community Centre
87 Waterloo Road, Greenacre NSW 2190

Wednesdays: Commencing 3rd February 2021

Time: 10:00 am to 12:00 pm

Venue: Canterbury City Community Centre
130 Railway Parade, Lakemba NSW 2195

Cost: \$5:00 plus \$5:00 for transport (limited transport available)

Participants must be registered with My Aged Care.
We can assist with this

Bookings and enquires call Alison on 9750 9344

SOCIAL INCLUSION AND WELLNESS

SALSA IS BACK!

We are very excited to announce the return of our very popular Salsa for Seniors, led by Beatriz Occhiuzzi. Beatriz's philosophy is that salsa can be accessible to all people, no matter what their mobility, and this includes "seated salsa". Anybody who has participated in one of Beatriz's sessions will understand the fun and the joy of being transported to another place, by music and movement.

Beatriz is also a strong promoter, as is 4cs, of the idea that it is vitally important to remain socially active and engaged as we age, and that this will have a beneficial effect on both mind and body. Sessions always include an opportunity to take a break for a cuppa and some sweet treats, and the chance to socialise with other members of the group.

Salsa classes will be offered both at the Greenacre Area Community Centre on Tuesday afternoons and here at Lakemba on Wednesday mornings from the first week in February.

Please call Alison on 9750 9344 for details and to book in.

OUTINGS ARE BACK!

After many months of restricted services due to Covid are Outings are back on the Program! Well, they were at the end of last year anyway! With the virus we have needed to be very flexible and if there are any risks we don't take them.

We did manage to start our Thursday Shopping trips late last year, providing an opportunity to socialise and buy some needed

items or just browse the shops. On our first Thursday shopping trip, the group went to the Save the Children op shop in Campsie and then had a beautiful lunch at Paesani Restaurant in Croydon Park. After lunch it was off to the Staples Bag on Canterbury Road for some discount groceries.

On the second outing the group went to Menai Market Place for some Christmas shopping and then we had a lovely lunch at Bangor Tavern. Then surprisingly on the way home we found an op shop to finish our retail therapy for the day.

We will be starting up the outings again this year... making sure that we keep everyone safe, healthy and covid free! We hope to get the monthly outings happening again in February for our Tuesday, Wednesday, and Friday groups. As well as weekly Thursday shopping trips.

We know that everyone has really missed our lovely outings and adventures.....

CALLING MY AGED CARE TO ACCESS SOCIAL SUPPORT

Many of us as we get older can do with some extra support to manage our daily lives. Services are available to eligible clients over 65 years old (or over 50 for people of Aboriginal or Torres Strait Islander background), through the federally funded Commonwealth Home Support Program (or CHSP).

CHSP services include transport; personal care (like showering or help with dressing); meals; gardening and domestic support; and equipment like walking frames.

CHSP services also include support in helping older people access

social activities and to keep socially connected and active. This could mean linking people up with an exercise group, a dance class, a social group or taking people on outings.

The Commonwealth Home Support Program supports the concept that keeping active and social for seniors is just as important as receiving support with meals, transport or other service type. Keeping active and engaged has been shown to have a really positive impact on the mental, as well as physical health, of older people.

CHSP services can be accessed by calling My Aged Care on 1800 200 422. Callers will then be asked a number of questions by the customer service officer to assess whether they are eligible to receive a service.

Some clients have reported difficulty when calling My Aged Care to request a social support service.

It is important that callers communicate to the customer service officer that they require social support, even though they may be managing with their other tasks of daily living, like preparing meals, doing their shopping and driving to appointments.

Being socially isolated and not being actively engaged in the community is a valid reason for asking for support from My Aged Care – who will provide callers with information about local services and send a referral through to one that can assist.

If you, or someone you know, would like to access a social activity, or have had difficulty in accessing social support services through My Aged Care, we may be able to support you. Please call Gillian or Alison on 9750 9344.



WELCOME ROMMANA KAZI

Rommana is our new 4cs Social Inclusion and Wellness Support Worker who will be running our brand-new activities in South West Sydney. These include our 'Monday Funday' social group and Salsa 4 Seniors on Tuesdays. Both activities will be run in Greenacre.

Rommana has qualifications in Community Welfare as well as several years' experience

working in a variety of positions including Community Transport and Social Support as well as Disability and Allied Health.

Rommana has a strong focus on providing personalised programs for her clients and a deep understanding of the challenges faced by older people and their families.

Rommana really enjoys running social activities for older people and we are thrilled to have her on our team.

WEEKLY SOCIAL SHOPPING BUS OUTING FOR OVER 65s



Join us for light shopping, accompanied by volunteers, and a social lunch with door to door transport. We will go to a different location each week, such as:

- Roselands
- Chullora
- Ashfield
- Riverwood
- Speciality shops such as Arrowmaster, Dollar World and more!

When

Weekly from Monday 14 January 2021

Time

10:00 am to 2:00 pm

Venue

Will change from week to week

Cost

\$20:00 includes transport and lunch.

Participants must be registered with My Aged Care. We can help with this

Bookings call Alison or Megan on 9750 9344

LAKEMBA WOMEN'S HEALTH CLINIC

Since temporarily closing in March 2020 due to the Covid-19 we are pleased to announce that the Lakemba Women's Health Clinic will be open again for appointments from the 1st March 2021.

The clinic is a partnership between Canterbury City Community Centre and Leichhardt Women's Community Health Centre to improve access for women to health services in Lakemba.

Staffed by Lisa Sing a Women's Health Nurse, the clinic operates on Wednesdays from the Centre's offices at 130 Railway Parade Lakemba. Now operating for over 6 years, the clinic has been successful in 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
- menopause advice
- emotional health and well-being
- general health screenings including cardiovascular risk assessments, blood pressure, Vitamin D, cholesterol and glucose checks.

To book a FREE and CONFIDENTIAL appointment, please call the Centre on 9750 9344

WOMENS' HEALTH SEMINAR – KEEPING HEALTHY

This workshop will focus on tips for women to stay healthy with information on knowing your body, how to have strong bones, a good pelvic floor for better bladder control and preventative screenings you can do to stay well.

Date: Wednesday 17th February

Time: 10am – 12pm

Venue: The Centre, 130 Railway Parade, Lakemba

Facilitators: Lisa Sing – Nurse and Tusanee Jierasak- Physiotherapist Leichhardt Womens' Community Health Centre

Lunch Provided

OUTREACH EMERGENCY RELIEF WITH METRO ASSIST

Metro Assist will be working from the Centre fortnightly on Thursdays to provide emergency financial help for utility and phone bills. These payments are made by vouchers, not in cash.

They can also provide limited emergency assistance for people experiencing other types of financial hardship, or can refer you to other emergency relief providers in the area.

Strict guidelines apply on the level and frequency of support and you may be asked to provide proof of bills.

To book an appointment call the Centre on 9750 9344.



FREE ENGLISH CLASSES FOR WOMEN

The 4cs has two English classes for women in Term 1 - 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
Commencing 8 February 2021
9:30 am to 11:30 am
At Schools as Community
Punchbowl Public School

English Class for Beginners

Mondays
Commencing 8 February 2021
12:30 pm to 2:30 pm
At the Centre
130 Railway Parade
Lakemba

For more information
call the Centre on
9750 9344 or visit
www.4cs.org.au



Canterbury City
Community Centre
Community Building Community

SAFE FOOD HANDLING

(non-accredited)



This session will cover:

- Where and how do we store food safely?
- How to handle food safely
- Personal hygiene
- Hand washing technique and glove use
- Legislation - how it affects food handlers
- How to reduce cross contamination
- Food transportation - frozen, cold and hot
- Food spoilage
- Cleaning and sanitation
- Your legal responsibilities as a volunteer.

Sessions:

- Thursday 28 January 2021
10:00 am – 12:30 pm or 1:30 pm – 4:00 pm
- Friday 29 January 2021
10.30 am - 12.30 pm

Where: Level 1, 194-198 Lakemba Street (entrance in Croydon Street North) Lakemba

Facilitator: Jill Lipman

Cost: Free for CHSP volunteers and CHSP staff \$50.

Funded by the Australian Government Department of Health

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



STARS

We are pleased to announce that the Department of Health has recently extended STARS funding as well as other CHSP Sector Support and Development Services until June 30, 2022. STARS will be recruiting for a new training officer to join our hardworking team in February 2020.

VOLUNTEER COORDINATOR FORUMS

In May 2020, STARS bi-annual Volunteer Coordinator forum moved online and currently offers bi-monthly meetings supporting Volunteer Coordinators from not-for-profit organisations from the Inner West and Canterbury-Bankstown area.

2020 has provided both challenges and opportunities for programs and it has been inspiring to support a committed, creative and resilient group to support their volunteers.

If you coordinate a volunteer program and would like to connect with others, please contact Angela on angela.gallard@4cs.org.au. CHSP volunteer coordinators are very welcome.

STEP INTO VOLUNTEERING... VIRTUALLY

In December 2020, STARS first virtual "Step into Volunteering" was held, and participants provided feedback to improve virtual live sessions in the future.

This is in line with STARS providing volunteer information for multiple platforms, STARS is in the process of developing a recorded Volunteer Information Session for potential volunteers to view at any time... watch this space!

DEMENTIA AUSTRALIA TRAINING AVAILABLE

Dementia Australia are running a zoom sessions and webinars for volunteers working with or carers and family members of people with dementia as well as those recently diagnosed with dementia between January and March.

Some of these sessions include.

Understanding Dementia

- An introduction to dementia for family and carers. This session explains the types of dementia including the common signs and symptoms and the importance of diagnosis and early planning

Communication and Dementia

- This session looks at the changes in communication that occur for the person with dementia. It provides information of the problems that come about from communication breakdown and offers some suggestions for achieving better communication.

Coping with Changes in Behaviours

- This session introduces dementia and changes to the brain, effects on behaviour and the impacts of changed behaviour. It will introduce problem solving models, including strategies to minimise and respond to changed behaviour

Recently Diagnosed with Dementia

- This session is for people living with early stage dementia as well as for their family, friends and carers. It aims to provide information about dementia and support options and their care partners.

For more details please contact Angela at angela.gallard@4cs.org.au or 9750 9344



FAREWELL TO DEB HELMRICH

In October 2020 STARS Trainer Deb Helmrigh left Canterbury City Community Centre after 10 years.

Deb will be remembered by many over the years as organising and providing a very high standard of training to workers and volunteers throughout the Inner West and Canterbury-Bankstown local government areas. She worked closely with CHSP funded organisations to develop training to meet their specific needs and ensure that organisations were aware of and able to implement the new Aged Care Standards. Deb also worked closely and collaborated with other sector support and development services across the Greater Sydney Region to deliver forums, workshops and training to meet the broader needs of the sector.

More recently Deb was also involved with the Inner West Elder Abuse Collaborative and was an instrumental member of the organising committee for the very successful inaugural CHSP Conference "You Ain't Seen Nothing Yet" in 2020. We wish Deb well in her new role with Dementia Australia.



STARS TRAINING WORKSHOPS



JAN / APR 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.

SAFE FOOD HANDLING

3 sessions available and each session limited to 15 places

This workshop is a must for those where handling food is a part of their role. Areas covered include; safe storage and handling of food, legal and legislative requirements, reducing cross contamination, cleaning and sanitation and transportation of food.

Time: 10 am – 12.30 pm (Thursday and Friday) or 1.30 pm – 4 pm (Thursday only)

Dates: Thursday 28th January and Friday 29th January 2021

Venue: 1st Floor, 194-198 Lakemba Street, Lakemba

Facilitator: Jill Lippman

Cost Free, CHSP Volunteers and Staff

VOLUNTEER COORDINATOR FORUM

Do you coordinate a volunteer program that is located in or provides services to the Inner West or Canterbury – Bankstown communities? Would you like to connect with other volunteer coordinators from CHSP services & not-for-profit organisations? Join via zoom with others to connect, share information and ideas.

Time: 1 pm – 3.30 pm

Date: Thursday 18th February 2021

Venue: Virtual via zoom

Facilitator: Angela Gallard – Volunteer Promotion Officer STARS

Cost Free

UNDERSTANDING DEMENTIA

Limited to 15 places for CHSP/ HCP workers within Inner West and Canterbury Areas

This workshop provides an overview of dementia including signs and symptoms, causes, types of dementia and how it affects the brain and behaviour. Learn strategies to provide appropriate person-centred support to people living with dementia

Time: 10.30 am – 1 pm

Date: Monday 10th April 2021

Venue: Carrington Centre, Campsie

Facilitator: Dementia Australia

Cost Free

APPLYING A PROBLEM SOLVING APPROACH TO CHANGED BEHAVIOUR

Limited to 15 places for CHSP/ HCP workers within Inner West and Canterbury Areas.

This workshop helps staff recognize the early signs of changed behaviour related to dementia. Using positive support strategies help reduce stress in people experiencing changed behaviours related to dementia.

Time: TBA

Date: Monday 19th April 2021

Venue: Carrington Centre, Campsie

Facilitator: Dementia Australia

Cost Free

ENGAGING AND CONNECTING WITH PEOPLE LIVING WITH DEMENTIA THROUGH COVID 19

Limited to 25 places for CHSP/ HCP workers within Inner West and Canterbury Areas.

This practical workshop explores creative solutions to better engage

people living with dementia during social distancing and other COVID-19 restrictions. It also looks at ways to reduce isolation.

Time: TBA

Date: Monday 19th April 2021

Venue: Carrington Centre, Campsie

Facilitator: Dementia Australia

Cost Free

OLDER PERSONS MENTAL HEALTH FIRST AID

Limited places available for CHSP Staff!

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 19th February and Friday 26th February,

Time: 10:00 am to 4:30pm

Venue: Uniting, Lilyfield

Cost: CHSP Staff \$25:00

Facilitated by Jane Massa and Danni Meredith

Please contact Angela Gallard for further information regarding these opportunities angela.gallard@4cs.org.au or call 9750 9344.

All training is provided in a covid safe environment according to STARS Covid safe plan provided current restrictions allow for face-to-face training.

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





HOME CARE PACKAGES

WELCOME SUSAN AND KERRY

The Home Care Package team has undergone a change in recent weeks – saying goodbye to one team member and hello to two new team members.

Tiko left 4cs at the end of the year to further her studies. We wish her well as she starts this new, exciting venture. Tiko was with us from the early days of the Home Care Package program, so was a familiar face around the office and will be missed.

Susan Tawdrous joined us in November in the new position of HCP Care Manager & Assistant Home Care Coordinator. She is enjoying working with the team and feels part of it already. She has worked in a similar role in another local organisation.

When Susan is not at work, she enjoys walking to keep fit and active, listening to music, belly dancing and reading.

Susan is looking forward to a long and rewarding career within the Home Care Package team at 4cs.

Susan is in the office on Mondays, Tuesdays, Thursdays and Fridays.

Kerry Muldoon has joined us in January also in a new position. Kerry is our Home Care Package Scheduler and will be responsible for booking in appointments for our clients and scheduling in our Care Workers.

Kerry has a long working background in Aged Care and CHSP services. She has worked in several organisations, both local and further afield. Much of her work experience has been supporting clients to access the community and build connections.

In her free time Kerry enjoys cooking, growing herbs, walks around Sydney Harbour; craftwork including latch hook, sketching and embroidery and playing Mah Jong. Kerry has lived in the Inner West for over 30 years.

Kerry is working with the HCP team on Mondays, Wednesdays and Fridays and is looking forward to meeting clients soon over the phone.

NEW HOME CARE PACKAGES ANNOUNCED

In December the federal government announced the release of 10,000 new Home Care Packages at the

cost of \$850 million. This follows a commitment in the October budget to 23,000 new packages at a cost of \$1.6 billion.

While this is a welcome move by the government, and the latest funding commitment will increase the number of older Australians receiving in-home support to approximately 195,600 by July 2021 – there are still over 100,000 people on the waiting list for a package.

This means that people are regularly missing out on packages and having to move to residential care because the package has not been there for them when they needed it.

Each year an estimated 19,000 older people are having to move to residential care while still on the waiting list.

Council on the Ageing (COTA) Australia have launched a Safer at Home Campaign, which is asking for a maximum one month waiting period for home care by the end of 2021, as proposed by the Aged Care Royal Commission.

COTA Chief Executive, Ian Yates, commented: "It is vitally important that older Australians are afforded the respect and dignity of being supported to live in their own home for as long as they are able to with proper supports. The current system simply isn't working with many people waiting over 12 months for their package ..."

Canterbury City Community Centre are Home Care Package providers and understand the importance of in-home support for older people.

If you or a loved one are looking for a caring, professional and friendly Home Care Package provider, please call Gina on 9750 9344.

FAREWELL TIKO

Tiko left 4cs at the end of the year to further her studies. We wish her well as she starts this new, exciting venture.

Tiko was with us from the early days of the Home Care Package program, so was a familiar face around the office and will be missed.



MONDAY FUNDAY!

JOIN OUR NEW SOCIAL GROUP
IN GREENACRE FOR OVER 65s



Are you over 65 and looking for fun social activities? Then come along to our new social group in Greenacre to meet new people and enjoy a variety of activities in air-conditioned comfort! Morning tea and lunch included.

When

Mondays from 18th January 2021
10:00 am to 1:30 pm

Where

Club Mount Lewis
14 Waterloo Road, Greenacre

Cost: \$5 for the group activity. An additional \$5 for transport (conditions apply)

Participants: Will need to be registered with My Aged Care, we can assist with this. Please bring along photo ID to sign into the Club

Supported by Club Mount Lewis through the ClubGrants program

CLUB MOUNT LEWIS

Bookings/enquires call Alison on 9750 9344

 **Canterbury City
Community Centre**
Community Building Community

FAREWELL LIZ!





THANKS!
 YOU'VE ACHIEVED SO MUCH. THE WHOLE 4CS COMMUNITY IS
 SO GRATEFUL & WE WISH YOU THE VERY BEST FOR THE FUTURE

Skill Up: English and Computers

Learn how to use computers and other digital technology.

Study and practice English. Gain skills and confidence.

This short course will help you improve your English and teach you how to use different computer programs for basic work and study tasks. .

The course covers units from the nationally-recognised Certificate II in Skills for Work and Vocational Pathways (FSK20119) qualification and will prepare you for further study or work.

WHERE

Level 1

194-198 Lakemba St
Lakemba

WHEN

Tuesdays, 9:30am – 2:30pm

16 February 2021 until 22 June 2020

16 sessions (no classes during school holidays)

**THIS  COURSE IS
GOVERNMENT FUNDED AND
ONLY FOR PEOPLE WHO:**

- receive eligible Centrelink payments or have other difficulties accessing training
- are 15 years or older and have left school
- live and work in NSW
- are an Australian or New Zealand citizen; permanent resident; humanitarian visa or bridging visa holder



TO APPLY PLEASE COME TO THE INFORMATION SESSION

Tuesday 2 February, 2020

(Please be there at 10am sharp)

Level 1, 194-198 Lakemba St, Lakemba (enter via Croydon St)

To enrol, please bring:

- Australian passport or citizenship document or foreign passport and visa documents or travel document or Immicard
- Details about government benefits received (eg, Health Care Card, Centrelink Income Statement)
- NSW Driver's License or NSW Photo ID
- USI number (Unique Student Identifier) if you have one



FOR MORE INFORMATION PLEASE CONTACT...

Tonya Cook-Pedersen – Sydney Community College

EMAIL tonya.cook-pedersen@sydneycommunitycollege.edu.au

PHONE 0412 247 656

Romana Waseem – Canterbury City Community Centre

EMAIL romana.waseem@4cs.org.au PHONE 0412 270 811

Canterbury City Community Centre

ADDRESS: 130 Railway Parade, Lakemba PHONE 9750 9344

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

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THIS TRAINING IS SUBSIDISED BY THE NSW GOVERNMENT