

4CS NEWS



Canterbury City
Community Centre

Community Building Community

Canterbury City Community Centre Newsletter | January 2017 | Volume 16 | Issue 1 | 4cs.org.au

Men's Shed TOY SALE

FULL STORY ON PAGE 5



End of Year
Garden Party was
a true celebration
of the 4cs
community

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Life@Lakemba
Film Project –
tackling the myths
and perceptions of
Lakemba.

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A grant of nearly
\$50000 to STARS
from Canterbury
Bankstown
Council Stronger
Communities Fund

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WORD FROM THE CEO



The end of 2016 saw a flurry of activity at the 4cs ... with the very successful Toy Sale, our end of year parties and planning for 2017 underway. We have so much on offer at the Centre over the next few months ... we really hope there might be something for everyone. Opportunities to get involved in Volunteering, learn something new, socialise with others or participate in one of the many community activities.

At the end of last year we progressed with further changes recommended from our Organisational Review and restructure. Unfortunately, these changes resulted in two positions at the Centre being made redundant. In line with other changes under the Review we will have a clearer distinction between the co ordination and delivery of services and a new single position of Social Inclusion and Wellness Co ordinator has been created. The new role will be responsible for overseeing all Centre Social Support Services in Aged Care and will supervise a team of paid and volunteer direct care staff. Whilst the changes are logical, and will make us more efficient and effective in delivering the services, they have also meant that we have farewelled staff in those positions made redundant. We thank Leanne and Rosanna for their work at the 4cs.

After a recruitment and interview process Garden Care Co ordinator Juliet Burton has accepted the new role and brings her current 4cs experience, and previous experience in roles in running similar Social Support services, to the new expanded service.

Of course, this means we are now recruiting a new Garden Care Co ordinator!

Anson Family Donation

Last month we were thrilled to receive a donation from Julie Anson, on behalf of the Anson family, in memory of the late Betty Anson who passed away early in 2016. Betty and her late husband Doug were involved with the 4cs since the 1970's - they were both endlessly positive and giving of their time and support of our Organisation and the people involved. Doug was Secretary of the 4cs for many years, they later enjoyed having Garden Care visit their garden and Betty eventually became a keen member of the 4cs Friendship Group. We have used the donation to establish our new Consumer Directed Gardening Service - the new kit will be used by our roving gardener to do small one off jobs for our frail aged clients. Our thanks to the Anson family for their support - we treasure the legacy of Doug and Betty and will enjoy telling the story behind 'Betty's Bag'.

Ensuring Local Women have a voice

We were pleased to welcome Tony Burke, Member for Watson, to the Lakemba Ladies Lounge in November. Tony and his staff were at the Lounge as part of a broader strategy to establish a local Women's Network - to help inform practical local change and take the knowledge and experience from women in our community to help get national decisions right.

If you would like more information or would like to be kept informed contact Arianne Psomotragos, Community Organiser, at the Office of Tony Burke on 9750 9088 or sign up here for updates www.tonyburke.com.au/watson_women_network

Planning for the Year Ahead

In early 2017 we are holding a Special General Meeting to make some minor changes to the Constitution. All 4cs Financial Members will receive a notice to the Meeting in the post and all are welcome to attend. The Board are also seeking advice about later changes to the Constitution and whether or not we should consider becoming a Public Company - this will be a lot of research as we determine the best way forward.

During the year, we will also be seeking to raise funds for the Men's Shed and to ensure its sustainability into the future. Without ongoing funding it is an issue which needs to be addressed.

We are also seeking to develop a business case for improved community facilities in Lakemba which can better support our Organisation and the community in future years. The Centre's premises are stretched to the limit and no longer adequate for purpose - the need to find a permanent solution, after years of discussions, is urgent. All in all, it is a busy time ahead.

We wish you all a very Happy New Year and encourage you to keep up to date with 4cs happenings through facebook or our email alerts. There is always something new happening.

Garden Party

Our end of year Garden Party was relocated at the last minute from Jubilee Reserve to the Centre due to Sydney's tropical stormy December weather! It proved a fantastic night and involved staff, Board members, volunteers, sponsors and supporters in a celebration of another big year at the 4cs.

The Centre proved a tight fit with some activities happening just outside under marquees. The food was great, the games fun and we were wonderfully entertained by the Suara Indonesian Dance Group.

Local MP's Tony Burke and Jihad Dib came by to congratulate the Centre on another year and wish everyone the best for the year ahead. Our end of year Party was a true celebration of the 4cs community and a great way to end a busy year.



END OF YEAR CELEBRATION

INTRODUCTION TO

Early Childhood Education & Care

Do you want to work with young children?

This course will help you get the skills you need.

Complete core units towards the Certificate III in Early Childhood Education and Care (CHC30113) – a nationally recognised qualification.

Develop a career pathway. Improve your English. Access volunteering opportunities. Gain confidence.



WHERE

Canterbury City Community Centre
130 Railway Parade
Lakemba

WHEN

Fridays, 9:30am-2:30pm
17 March 2017 until 23 June 2017
12 classes (*no classes in school holidays*)

ARE YOU ELIGIBLE FOR THIS **FREE!** COURSE?

You can take this course if you:

- are 15 years or older and have left school
- live and work in NSW
- are an Australian or New Zealand citizen; permanent resident; humanitarian visa or bridging visa holder
- have (or are willing to get) a Unique Student Identifier



TO APPLY PLEASE COME TO THE INFORMATION SESSION

Friday 24 February 2017, 10am - 1pm

Canterbury City Community Centre
130 Railway Parade, Lakemba

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

To enrol, please bring:

- Australian passport or citizenship document or foreign passport and visa documents or travel document or ImmiCard
- Centrelink card or benefits letter
- NSW Driver's License or NSW Photo ID
- USI number (Unique Student Identifier)



FOR MORE INFORMATION PLEASE CALL...

Tonya Cook-Pedersen – Sydney Community College
EMAIL tonya.cook-pedersen@sydneycommunitycollege.edu.au
PHONE 0412 247 656

Kate Maclean – Canterbury City Community Centre
EMAIL capacitybuilding@4cs.org.au PHONE 9750 9344

Romana Waseem – Canterbury City Community Centre
EMAIL cw1@4cs.org.au PHONE 9750 9344

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

SYDNEY COMMUNITY COLLEGE

A not-for-profit social enterprise



THIS TRAINING IS SUBSIDISED BY THE NSW GOVERNMENT

THE SHED PROJECTS



Canterbury Men's Shed is turning 10!

The Canterbury Men's Shed was established at a well attended public forum on 20th February 2007 and commenced operating the following month in the Wood Work room at Canterbury Boys High School. Of course, there were a few years work by the 4cs leading up to this meeting and a great deal of work afterwards by the members of the Shed, our supporters and friends, and of course the 4cs.

In October 2010, we launched the Canterbury Men's Shed in its current location in Clissold Parade Campsie. The fully equipped wood work room has an array of tools and equipment donated from a variety of sources.

Membership is currently around the 40 number with the Shed open on Mondays, Wednesdays and Fridays. Again, the move to the new premises was the result of a broad base of support from many quarters – most notably the former Canterbury City Council.

Over the ten years the Shed has been operating it has filled a significant role in promoting men's health and encouraging community participation amongst its members. Some solid friendships have been formed and members have worked together on a range of community projects. Happy

Birthday to the Canterbury Men's Shed.

Desperately Seeking Sponsors

For the first time since the Canterbury Men's Shed was established we are not receiving sponsorship or donations to contribute to ongoing operating costs which include the salary of a part time Co ordinator.

The Canterbury Men's Shed is an activity of the 4cs and has previously been supported by the ClubGrants program, the 4cs, and the members through weekly contributions and sales of items.

We are seeking sponsorship from local businesses or Clubs to help contribute to the ongoing costs involved in running the shed. Different levels of support are welcome – from the Nuts and Bolts (under \$200) to the Mahogany level contribution of \$5000 or more.

Let's keep the Canterbury Men's Shed going for another 10 years!

Please contact Liz Messih or Kate Maclean at the 4cs on 9750 9344 or Glenn at the Shed 9789 2710 (Wednesday or Fridays) to find out more.

Annual Toy and Craft Sale

The Annual Sale on Saturday 26th November raised an incredible \$3883.50 on the day! Sales in the weeks afterwards tipped the balance

well over the \$5000 mark!

A huge achievement for the members who had been working hard all year in preparation. The quality and range of items for sale just gets better and better each year. Congratulations everyone!!

The Bike Shed had some refurbished bikes on sale as well. The Bike Shed have continued their great work of receiving or finding bikes to be fixed up and selling them to the community to get years more fun out of them.

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

Bike Shed

Thanks to Allan for his expertise and direction and to Con for his efforts in "waste control".

We finished the year with our Annual Christmas lunch at Belfield RSL.

We look forward to being just as active and helpful to the community in 2017.

Life@Lakemba Film Project

The making of the film about Lakemba has been bubbling along with participants involved in everything from developing the storyline and scripts, learning to use the camera, sound and lighting equipment, as well as starring on the screen.

The original story idea has taken some twists and turns, with everyone very passionate about changing the negative perception about Lakemba. Tired of this constant bad press, this film challenges some of the negative stereotypes of Lakemba by making fun of a 'typical' investigative reporter, sent to reveal everything about the most dangerous, dastardly, frightening place in Sydney.... Lakemba!

Complete in bullet proof vest the reporter tries to uncover the dirt on Lakemba, but along the way meets a number of interesting, friendly people from a diverse range of backgrounds and personal situations that challenge his myths and perceptions of Lakemba as dangerous and unsafe.



The film will have its official launch to celebrate Harmony Week during March 2017.

Tickets to the premiere will be limited. If you would like to attend please contact Kate at the Centre and let us know how many tickets you would like.

If you would like more information about Life@Lakemba you can get regular updates on our facebook page and newsletter.



Tuning Into Kids

Free 4 Week Program for Parents with children 3 to 8 years

Every Monday for 4 weeks
Monday 13 March 2017
to Monday 3 April 2017
10:00 am to 12:00 pm
The Cottage
28 Croydon Street
Lakemba 2195

This free 4 week program aims to help parents and carers learn about :

- Teaching and support their children to understand and express emotions in appropriate ways
- Focus on the importance of helping children learn about their emotions
- Teaching children how to control their emotions.

Limited childminding is available onsite.

For more information and to make a booking please call Romana on 9750 9344 or visit www.4cs.org.au



Canterbury Earlewood
Caring Association
Since 1978



Canterbury City
Community Centre

Community Building Community

Easy Ways to Relax

Learn skills to stop stress when it starts, release old tension, keep yourself calm and feel more at ease.
Facilitated by Lindsay from Leichhardt Women's Community Health Centre

2 Workshops on
Monday 13 and 20 February 2017
from 10.00am - 12.00pm at
Canterbury City Community Centre,
130 Railway Parade Lakemba

It's free, with morning tea provided

To make a booking call
9750 9344 or visit
www.4cs.com.au

Lakemba Womens Health Clinic

Hello, my name is Anna-Lucia McCusker, the women's health nurse at Lakemba Women's Health Clinic. The clinic is run in partnership with Canterbury City Community Centre and Leichhardt Women's Community Health Centre. Its purpose is to provide free preventative health services to any woman living in the Lakemba area.

My speciality training is in Family Planning, Contraception, Sexual health, HIV and Viral Hepatitis. I also have training in urology and gynaecology nursing and I have a strong interest in improving the health of migrant women in Australia.

People often ask me- What is Women's Health?

My answer is it's whatever the woman who sees me would like it to be! Sometimes a woman will gather all she needs in one visit and sometimes it's more than one visit.

Each appointment is 45 minutes in length. Clients will often say to me that having enough time with a health professional to tell their story has made them feel so much better about their health and clearer about the next steps they will take to improve their health.

At your appointment you can expect that I will ask you lots of questions about your general health, your home life and medical history.

You can expect that I will talk about screening for breast cancer, cervical cancer and pelvic floor assessment. We will also talk about mental and emotional health as it is very common to experience poor mental and emotional health at different times in our life.



You will need to bring your Medicare card. Please arrive on time for your appointment, being late for your appointment may mean we won't have enough time together and sometimes it's better to reschedule.

I look forward to seeing you.

To make an appointment call Canterbury City Community Centre on 9750 9344. The clinic is run all day once a fortnight.



Health and Local Services Information Session for Vietnamese Women

**Friday 10 March 2017
10:00 am to 1:00 pm at
Canterbury City Community Centre
130 Railway Parade
Lakemba (opposite Quigg Street)**

Learn about :

- Introduction to Women's Health – Why our health is important
- Cervical Cancer – What it is & Pap smears
- Pelvic Floor Exercise - Tips for better bladder control
- Catholic Care Inner West Family Support Service at Lakemba

Presented by:

- Anna Lucia McCusker- Women's Health Nurse, Leichhardt;
- Nhan Nguyen-Family Support Worker, Catholic Care, Lakemba
- Kate Maclean -Manager, Community Sector & Capacity Building Canterbury City Community Centre.

Free lunch & Children Welcome

For more information please call Thao Do on 9560 3011 or Nhan Nguyen on 9740 0104



Jog My Memory

Does your memory need a little help? Exercise to keep your brain young. Facilitated by Lindsay from Leichhardt Women's Community Health Centre

4 Workshops for women on Monday 6, 13, 20 & 27 March 2017 from 10.00am - 12.00pm at Canterbury City Community Centre, 130 Railway Parade Lakemba

It's free, with morning tea provided

To make a booking call 9750 9344 or visit www.4cs.com.au

Learning English in the New Year

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

All classes are free and are held at The Cottage, 28 Croydon St, Lakemba during school hours. A third class is offered in partnership with Sydney Community College and has a focus for women wanting to get ready for work. Details are as follows:



English Conversation Classes for Women

This class is especially for women wanting to improve their English in a small conversation group with other local women. At beginner and intermediate levels the classes are held every Wednesday between 12.30 pm and 2.30 pm during school term. Limited childminding is available.

**Come to the Information and Enrolment Session on
Wednesday 1 February 2017 at 12:00 pm**

At The Cottage, 28 Croydon St, Lakemba.

English Classes for Men and Women

Practice English for everyday use to help increase your opportunity for study and employment in this class at Intermediate and advanced levels. Limited child minding is available and classes are held every Tuesday between 12.30 pm and 2.30 pm during school terms.

**Come to the Information and Enrolment Session on
Tuesday 7th February 2017 at 12.30 pm**

At The Cottage, 28 Croydon St, Lakemba.

English and Job Skills

A six week course for women to help you get ready for work. This is a new partnership opportunity with Sydney Community College and will help participants improve their spoken and written English skills, prepare a resume and job application, and learn about communication in the workplace (see the full page flyer in this newsletter for more information).

**Come to the Information and Enrolment Session on
Wednesday 8th February 2017 at 10 am to 12 noon**

At Canterbury City Community Centre 130 Railway Parade Lakemba.

For more information please call 9750 9344 or www.4cs.org.au

Asthma Workshops

**Sessions will run in 2017
as part of our Mum2Mum,
Social Activities and
Friendship Group
Programs**

One in ten people in Australia has asthma. It affects people of all ages. Some people get asthma when they are young; others when they are older.

A person's asthma symptoms can vary over time and are different from person to person.

The most common symptoms include :

- breathlessness
- wheezing
- tight feeling in the chest
- continuing to cough

Asthma cannot be cured, but for most people it can be well controlled by following a daily management plan.

Canterbury City Community Centre and Asthma Foundation will be holding three community education sessions on how to live well with Asthma. The education sessions will cover:

- How to use a puffer
- Types of asthma medication
- What can trigger an asthma attack
- Common concerns for people living with asthma
- Helpful information for asthma first aid.

**For more information,
please contact Jacinta:
customerservice@4cs.org.au
or 97509344**

Lakemba

Ladies Lounge

Children are Welcome
All activities
are FREE
Morning Tea Provided

A PLACE TO TRY
AN ACTIVITY, LEARN
SOMETHING NEW,
MEET OTHER WOMEN
AND RELAX

EVERY THURSDAY 9.30AM - 12.30PM, THE COTTAGE, 28 CROYDON ST, LAKEMBA

February

Welcome Chat and Chai
Thursday 2 February 2017
9:30 am to 12:30 pm

Bread Craft with Tanzina
Thursday 9 February 2017
9:30 am to 12:30 pm

Bread Craft with Tanzina
Thursday 16 February 2017
9:30 am to 12:30 pm

Bread Craft with Tanzina
Thursday 23 February 2017
9:30 am to 12:30 pm

March

Basic Sewing with Marina
Thursday 2 March 2017
9:30 am to 12:30 pm

Basic Sewing with Marina
Thursday 9 March 2017
9:30 am to 12:30 pm

Basic Sewing with Marina
Thursday 16 March 2017
9:30 am to 12:30 pm

Basic Sewing with Marina
Thursday 23 March 2017
9:30 am to 12:30 pm

Basic Sewing with Marina
Thursday 30 March 2017
9:30 am to 12:30 pm

April

Lebanese Sweets with Ebtisam
Thursday 6 April 2017
9:30 am to 12:30 pm

Lakemba Ladies
Lounge will be
closed in the
school holidays
for 3 weeks.

Back Thursday
4 May 2017



Canterbury City
Community Centre

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



In the photo is NSW Minister for Local Government Paul Toole and Canterbury Bankstown Administrator Richard Colley together with 4cs staff Kate Maclean, Donna Brunton and Liz Messih at the recent announcement of the Stronger Community Fund. Photos courtesy of The New City of Canterbury Bankstown.

Canterbury Bankstown Stronger Communities Fund – Volunteering in the New City

STARS has been successful in securing a grant of nearly \$50 000 under the Canterbury Bankstown Council Stronger Communities Fund to deliver a capacity building project across the new City. As a newly amalgamated Council, Canterbury Bankstown was allocated \$1 million by the NSW Government in the Community Grants Program for projects which help 'build a more vibrant, sustainable and inclusive community.'

We will be working with Organisations to build capacity in the recruitment, management and training of volunteers engaged in Community Service Organisations across the New City.

We are very excited to be delivering this Project and the opportunity it will give us to once again work with partners in the former Bankstown LGA as well as continue to build on our current successful partnerships in the former Canterbury LGA.

The Project will run throughout 2017 and will involve multiple strategies including rolling out the Way 2 Go Volunteer Management Tool Kit for Organisations, outreach to far flung posts for Volunteer recruitment and training, events which celebrate and raise the profile of volunteering and

lots of opportunities for training and networking.

We're excited to receive this support from the new Council ... stay tuned for more details.

STARS Training



STARS had a very busy second half of the year with 33 workshops during the July-November 2016 period.

We take quality very seriously and are pleased to report that all workshops exceeded the benchmark evaluation of 7/10 with course evaluations averaging 8.9/10!

Special thanks to Anthony Brown, Adjunct Fellow at the Men's Health Information and Resource Centre, Western Sydney University, and Executive Director of Health Consumers NSW who facilitated our Volunteer Coordinator's

Forum: Engaging Men as Clients and Volunteers free of charge to support workers understand the research findings on this very important topic.

People with Disabilities Incorporated provided free Responding to Sexual Assault for a second time this year for staff supporting people living with disability. Special thanks to Mel Harrison and Meredith Lea for facilitating this workshop.

Thanks to Sue Smith (Disability Safe), Jane Massa (SMP SOP), Rebecca Dunkley (Guide Dogs NSW/ACT), Hammondcare and Wei Jiang (SLHD) who all provided high quality training as part of their role/funding that was provided free of charge for workers in the aged care & disability sectors.

Learning and Development Calendar

Workshops are currently being organised based upon outcomes of our Think Tank & Survey Monkey consultations. Check the 4cs website to see the finalised calendar.

STOP PRESS... News just in!

We've just received notice that STARS Funding under the CHSP has been extended a further 12 months to 30 June 2018! Great news for STARS and the sector!

February to May 2017

- | | | |
|--|--|---|
| <p>6, 13 & 20 Feb CHCAGE005 - Support to People Living with Dementia
9:00am to 4:00pm
Campsie</p> <p>13 Feb CHCSS00070 - Clients with Medication Skill Set
9:30am to 5:30pm
Bankstown</p> <p>27 Feb Customer Service & Managing Complaints
10:00am to 2:00pm
Campsie</p> <p>28 Feb Practical Activities for Aged Clients in Community Settings
3:15pm to 5:45pm
Riverwood</p> <p>6 Mar Volunteer Essentials
10:00am to 2:00pm
Campsie</p> <p>13 Mar NDIS in Transition Essential Information for Frontline Workers
10:00am to 1:00pm
Campsie</p> | <p>20 Mar Safe Food Handling
12:30pm to 2:30pm
Campsie</p> <p>22 Mar Manual Handling for Social Support (Shopping)
10:00am to 1:00pm
Lakemba</p> <p>27 & 29 Mar HLTWHS002 - Follow Safe Work Practices for Direct Client Care
CHCLEG001 - Work Legally & Ethically
9:30am to 4:00pm
Campsie & Bankstown</p> <p>3 Apr HLTFSE001 - Follow Basic Food Safety Practices
9:30am to 4:00pm
Belmore</p> <p>6 Apr From Plans to Practice: What it means to work as a Frontline Manager or Support Worker in the NDIS
9:30am to 12:30pm or 1:00pm to 4:pm
Marrickville</p> | <p>1 May From Plans to Practice: What it means to work as a Frontline Manager or Support Worker in the NDIS
9:30am to 12:30pm or 1:00pm to 4:pm
Croydon</p> <p>4 May Volunteer Essentials (Cantonese)
9:30am to 1:30pm
Campsie</p> <p>5, 12 & 19 May CHCAGE005 - Provide Support to People Living with Dementia
9:00am to 4:00pm
Marrickville</p> |
|--|--|---|

STARS can provide specialised onsite training to meet the needs of your team. We have 20 different topics available and customise materials. Start planning now for 2017! Please contact Deb at STARS starstraining@4cs.org.au 97509344.



Save the Dates

Step into Volunteering

30 January 2017 at The Cottage, 10.00am- 12 noon or 8 February 2017

10.00am- 12noon at Riverwood Community Centre

Are you interested in volunteering?

This introductory session will provide you with information about volunteering.

Find out about:

- What is volunteering
- What types of roles are there?

Bookings essential: Email STARS starstraining@4cs.org.au

Assist Clients with Medication Skill Set Fee Free*

9.30am to 5.30pm, Monday 13 February 2017 SWSI TAFE (Bankstown)

Includes units:

- HLTHPS006 Assist Clients with Medication
- HLTAAP001 Recognise Healthy Body Systems.

Students must be able to meet all requirements of workplace assessment

Registrations essential: Contact Deb at STARS 9750-9344

starstraining@4cs.org.au or Suzanne Ryan South Western Sydney
Institute of TAFE 0414 869 225

Provide Support to People Living with Dementia

Mondays 6, 13 and 20 February 2017 Campsie.

Facilitated by Alzheimer's Australia this unit includes the following topics:

- Person centred care
- The nature of dementia
- Effective communication

Workplace assessment under supervision required.

To register your interest in attending this 3 day program

Email: nsw.education@alzheimers.org.au or call 02 8875 4682.

Registrations open now!

The NDIS in Transition

10:00am to 1:00pm, Monday 13 March 2017

Facilitated by NSW Sector Development, National Disability Services (NDS)

Disability service providers in the inner west region are fast approaching transition to the NDIS, if you are a frontline worker or volunteer and would like to know more about the NDIS including:

- The planning process
- Inside the NDIS price guide
- Experiences of NDIS providers and participants

Then make you booking now! Email starstraining@4cs.org.au or call STARS on 9750 9344

Volunteer Forum

March 2017

How to Market and Recruit for Social Support Volunteers

Come along to the first volunteer forum of the new year and join the discussion.

Bookings essential: Email STARS starstraining@4cs.org.au



It's a New Year! Come and Volunteer!

Wednesday 15 February 2017

10am to 12:00pm at

Canterbury City

Community Centre

130 Railway Parade

Lakemba

The Canterbury City Community Centre is holding a Volunteer Information Session.

Come along and find out about :

- The types of volunteering positions available
- How to register as a volunteer and the recruitment process including scheduling a volunteer interview for you
- The training and support available to you as a volunteer with the 4CS
- Also, meet and chat with some of our volunteers currently volunteering at the Centre and become part of a fun dynamic team!

Bookings Essential.

For information please contact Donna Brunton at STARS on 9750 9344 or email starsrecruitment@4cs.org.au





School Holiday Fun

Saturday 7th January – Wondering what to do with the Kids in the holidays? Bring them to the markets and enjoy a Jumping Castle, fun games, music and craft activities.

Chinese New Year

Saturday 4th February - Come and celebrate the Year of the Rooster at the markets. Lots of stalls, activities, great food and fun.

International Women's Day

Saturday 4th March - A special day for women with performances, and FREE Henna tattoo.



Interested in having a Stall?

Second Hand	\$25.00
General Market Stall	\$35.00
Hot Food Stall	\$50.00

Stallholder Fees (include table and marquee).

For applications for stallholders, go to:

website: www.4cs.org.au
 or call: 4Cs on 9750 9344,
 mobile 0431 127 288 or
 or email markets@4cs.org.au.

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



When are Lakemba Markets?

The first Saturday of every month from 10am - 4pm

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

Volunteer with Garden Care

Garden Care is always on the look out for Volunteers – we have teams working six days a week and a typical shift will cover three hours in the garden. We help frail aged residents, people with disabilities and their carers to remain living in their own homes by converting gardens to low maintenance. We do this by weeding, papering, mulching and pruning a garden – weed growth is inhibited and the garden is made safe and enjoyable once more.



Many of our clients are keen gardeners and you will learn a lot about gardening in the process - from clients, staff and volunteers and have the chance to share your own skills and knowledge with others.

We visit gardens across the Inner West and can reimburse all out of pocket expenses. There are training opportunities and you gain the satisfaction of making a positive difference in the community.

Interested or just want to find out more - call Garden Care on 9750 9344

GARDEN CARE



Therapeutic Landscapes Conference

As part of ongoing professional development, Garden Care staff attended the Therapeutic Landscapes Conference. Team member Milo Kelly reports back.

In October last year, Deb and I had the pleasure of attending the 2nd annual Therapeutic Landscapes Conference, hosted by Cultivate NSW at SWSi Tafe in Padstow. In Australia, as elsewhere in the world, horticultural therapy is an emerging discipline, based around the positive influence upon health and wellbeing found in the practice of gardening.

The conference was led by Anne Baker Cresswell, who has spent the past decade developing gardening therapy programs for returning servicemen in the UK. Despite facing cultural hurdles in relaxing hardened and regimented ex-soldiers to the slow and quietly chaotic world of gardening, Anne successfully integrated horticulture as a stepping stone in their rehabilitation. Anne's work has been lauded by both the military health professionals involved and the servicemen themselves as a valuable tool in the treatment of both mental and physical injury.

Institutional and commercial recognition of the benefits of HT hasn't always been so simple. While everybody intuitively knows the benefits of being outdoors, the exact causes and effects involved can be difficult to discern.

Dr Theresa Scott, from the University of Queensland described her research into the benefits of nature exposure for the elderly, and illuminated the challenges of

designing reliable scientific research projects in this field. In doing so, she took us through the history of therapeutic horticulture research, which by now has amassed into a considerable pool of knowledge.

Other speakers covered a range of topics, including the importance of access to nature in the mental and social development of children, the intricacies of designing safe therapeutic gardens for those suffering from dementia, and the benefits of gardening programs for the wellbeing of the homeless and disadvantaged.

The purpose of the conference was to illuminate the many practices people are undertaking in the field and to discuss the future direction of the discipline. The next big steps for horticultural therapy in Australia, it appears, will be to develop a consistent curriculum for the training of horticultural therapists, and to form a national body to promote and support the industry.

With miracle pills and quick fixes often seen as the only option in our frantic modern era, it is heartening to see a growing recognition of nature as an intrinsic part of the support network of healthy individuals and communities.

For Deb and myself, the conference was an uplifting reminder of the role a little gardening program like ours plays in the bigger picture of cultivating a complex, but diverse and resilient community.

If you would like to know more about the progress of horticultural therapy in Australia and its practitioners, search for Cultivate NSW on Google, or follow Horticultural Therapy

Lakemba Community Garden

Natural Pest Management

Natural Pest Management aims to use the least toxic methods to repel, control and eliminate pests in your garden. Not only is it safer for your health but it can save you money by reducing the need to buy expensive pesticides. Learn about companion planting, attracting good bugs and how to organize your garden to reduce the impact of plant eating bugs.

Saturday 11 February 2017, 9:00 am to 11:00 am

The Workshop will be held at Lakemba Community Garden Jubilee Reserve Cnr Railway Pde and Bellevue Rd Lakemba.

Presented by Emma Daniell, Natural Touch Landscapes.

To make a booking call 9750 9344

Low Maintenance Garden

Do you want to enjoy your garden for many years to come and not let it be a burden? Learn about low maintenance gardening techniques including mulching, plant selection, weed identification, garden design and using the right tool for the job. Ideas and tips for making your garden safe and enjoyable. Discussions on natives v's exotic plants, garden bed edging, lawns and lots more..

Tuesday 7 March 2017, 10:00 am to 1:00 pm

The Workshop will be held at The Cottage, 28 Croydon St, Lakemba.

Presented by The New City of Canterbury Bankstown and Canterbury City Community Centre.

It's free and light refreshments are included. To book call 9750 9344

Wild Food Walk.... Eat Your Weeds

Join artist and naturalist Diego Bonetto on a journey of discovery, looking at plants and the stories they tell. Learn about medicinal food and craft uses of the most common weeds, resources from all over the world and learn how to positively identify dandelions, wild fennel, common dock, soursobs and much much more.

Saturday 18 March 2017, 10:00 am to 1:00 pm

Meet at St Mary Mackillop Reserve, Corner Canterbury Rd & Berna St Canterbury appx 200m walk from Canterbury Station.

Wear comfortable shoes for walking. Bring a hat, sunscreen and water.

To make a booking call 9750 9344



Working Bees

Members and friends of Lakemba Community Garden meet to maintain and develop the shared/communal spaces of the garden.

This is when the entire garden becomes the focus and not individual plots. It is also a great time for you to meet other gardeners and share ideas and learn from one another.

We all use these spaces so it is important that we all help out when we can.

We have a number of Saturday Working Bees coming up:

4 February 8:30 to 10:30 am

4 March 8.30 to 10:30 am

Harvest Share

The end of our working bees are a time to share harvest, seeds, food, company and conversation. Come along and meet your fellow gardeners!

Plot Holder Support

4cs Team Member Yul Scarf is available every second Friday afternoon to assist in the Community Garden.

Contact Yul on 9750 9344 or gc4@4cs.org.au



SOCIAL INCLUSION & WELLNESS



Lakemba MP Jihad Dib called in to visit the Knitting with Heart Group just before Christmas to collect some hand crafted dolls for distribution in his Christmas Toy appeal. Jihad was so impressed by the group he has offered to join and learn to knit!

The group have made hundreds of items for distribution to hospitals, shelters, aged care facilities and various community groups ... each one made with love and care (and a bit of laughter and fun thrown in).

Keeping Socially Active – Its Good for You!

Did you know that keeping socially active as you get older is just as important as eating well and keeping fit?

Sometimes when people get older they become less socially active. This can be due to a number of factors including – families growing up and moving away; being less mobile due to physical ailments; no longer driving or the loss of a spouse or close friends.

However continuing to engage socially and being part of the community is just as important for older people and absolutely vital for their continued health and wellbeing – both physical and mental.

Canterbury City Community Centre has a range of services offered under the Commonwealth Home Support Program (CHSP) to support clients 65 and over to continue to be socially active and engaged in their community.

For those who enjoy being part of a large group there is the 4cs Friendship Group on Thursdays and the Social and Activities Group on Tuesdays. Both groups provide a terrific opportunity to socialise and make new friends.

Clients enjoy morning tea and lunch together, guest speakers, games and quizzes and gentle exercise. The Tuesday group has a focus on Arts and Crafts activities including painting and card making. Transport to both

may be provided for clients in the Canterbury area.

Once a month the groups join forces and head off to pastures new to enjoy lunch and some sightseeing together. These Outings give clients the opportunity to discover new places or re-visit destinations they are no longer able to get to independently.

Clients who prefer to socialise in a smaller group may choose from a number of other interest groups including: Shed Mates, who meet on a Tuesday and may participate in some light woodworking, play games, go out for lunch or fire up the BBQ for a sausage sizzle. The Friday Knitting Group clicks away making wonderful items to donate, have a chat, a laugh and morning tea. While the Evergreen Garden Lovers Group goes on monthly outings to nurseries, open gardens and places of natural beauty – where they will also lunch together.

If clients prefer there is also the opportunity for Individual Social Support. Volunteers can accompany clients to access social opportunities in the community whether it be a club they belong to or a movie they wish to see – maybe to catch up with some friends or to do some shopping.

Volunteers can also do Home Visits for those who would prefer some company in their own home, or perhaps a regular Telephone Call just to hear a friendly voice.

Older people interested in 4cs Social Support services can access them by

calling My Aged Care – the one-stop shop for all aged services – on 1800 200 422 or via the website at: www.myagedcare.gov.au and mention Canterbury City Community Centre.

They can also call Gillian at the Centre for further information and assistance in accessing services.



FAREWELL ROSANNA!

It was with sadness and many good wishes for the future that we said farewell to 4CS team member, Rosanna Hasan, who has moved on to exciting new opportunities after 9 years at the Centre. Rosanna has made a huge contribution to 4CS and will be missed. Thank you Rosanna and we look forward to hearing about your fabulous new adventures.

Let us be your Home Care Packages Provider!

The 4cs has a long history in delivering trusted and high quality services for elderly residents in the Inner West – we have been delivering local services since 1972 and aged care services for over 30 years. In 2016, we were given approval to deliver Level 3 & 4 Home Care Packages and this service is now up and running and being well used. Packages provide elderly residents who have intermediate or high level care needs greater options for care at home. They are a coordinated suite of services tailored to meet individual needs and offer choice and flexibility in how the services are provided.

The types of Services offered by the 4cs may include:

- Support Services such as help with washing and ironing, housecleaning, gardening, basic home maintenance, home modifications related to your care needs, and transport to help you with shopping, visiting your doctor or attending social activities
- Personal care such as help with showering or bathing, dressing or mobility
- Nursing, Allied Health and other Clinical Services such as hearing and vision services
- Care Co ordination and Case Management.

Packaged funds can also be used to purchase aids and equipment where this is identified in an individual care plan. If you are finding that your care needs have increased and

are considering accessing a Home Care Package you will need to first contact My Aged Care on 1800 200 422 or www.myagedcare.gov.au and they will ask you questions to determine your needs and perhaps arrange for a further assessment in your home. If your care needs indicate that you need a Home Care Package My Aged Care will refer you to an Aged Care Assessment Team for a comprehensive assessment which will identify whether you have high level or low level needs. This assessment is free and confidential.

All people receiving a Home Care Package pay a daily Care fee which covers all services for whichever day they are provided. Level 3 and 4 Packages attract different subsidy levels from Government, and may also attract a Means Tested Fee if residents have assets above a level specified by the Government.

Changes to Home Care Packages Program from February 27th 2017!

Changes to the Home Care Packages Program from February 27th will mean that funding for the Package will follow consumers (rather than the Organisation) – residents already receiving a Package can change their Provider and funding for the Package will follow them across.

Residents who have been assessed as eligible for a Package but are still waiting to find a Provider as at 27 February will be placed in a national queue. They will receive a letter when a Package has been allocated and then take this to the Provider of their

choice so they can start offering the subsidised care.

After February 27th the 4cs can offer Packages at every level – from Level 1 through to 4.

The 4cs Home Care Packages Program uses our own staff in the majority of instances. All our staff are caring and committed to delivering high quality services. Clients are the focus of everything we do and we can co ordinate services suited to individual needs and goals as our Packages are really personalised. Our motto is community building community and we ensure that our clients remain an active and included member of the local community.

Further information about Home Care Packages can be found on the My Aged Care website <http://www.myagedcare.gov.au/> or call Gina at the Centre on 9750 9344 to find out more and discuss your care needs.

Recruiting Now...

We are currently seeking part time and casual Community Care Workers to help us deliver this important community service. If you are friendly, have a genuine care and enjoyment of working with older people, a reasonable level of fitness, have a Drivers Licence and access to a Motor Vehicle and are able to work flexible hours then call Gina on 9750 9344. People must have completed some units of a Certificate III in Aged Care or Individual Support - or have a willingness to complete.

Enviroment@Lakemba

Enviroment@Lakemba is a group of local residents passionate about improving the environment at Lakemba by reducing litter and household dumping and improving recycling. The group is supported by our Centre and Canterbury Bankstown Council's waste officer to educate the local community with clean up days, events, information, signage and stalls.

The main project the group is currently working on is the "I Love Lakemba" billboard at Lakemba station and posters in local businesses and surrounds to encourage people to put their litter in the bin.

If you would like to come see what we do and join us, Environment@Lakemba meets every 2nd month to share a meal and plan activities.

Next Meeting Environment@Lakemba on Wednesday 15th February from 5.30pm to 7.00pm at Canterbury City Community Centre 130 Railway Parade, Lakemba.



Clean Up Australia Day

Sunday 5 March 2017

10:00am to 11:30am at

The Plaza on The Boulevard,
next to Railway Station
Lakemba

**Come and help keep
Lakemba Clean!**

For more information please call
Kate on 9750 9344

English & Job Skills

A six week course for women to help you get ready for work.

Improve your spoken and written English. Prepare a resume and job applications. Practice for job interviews. Learn to communicate confidently in the workplace. Get units toward the Certificate II in Skills for Work and Vocational Pathways - a nationally recognised qualification (FSK20113)

WHERE

Canterbury City Community Centre
130 Railway Parade
Lakemba

WHEN

Wednesdays, 9:30am-2:30pm
22 February 2017 until 29 March 2017
(six sessions)

ARE YOU ELIGIBLE FOR THIS **FREE!** COURSE?

You can take this course if you:

- are 15 years or older and have left school
- live and work in NSW
- are an Australian or New Zealand citizen; permanent resident; humanitarian visa or bridging visa holder
- have (or are willing to get) a Unique Student Identifier



TO APPLY PLEASE COME TO THE INFORMATION SESSION

Wednesday 8 February 2017, 10am - 12noon

Canterbury City Community Centre
130 Railway Parade, Lakemba

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

To enrol, please bring:

- Australian passport or citizenship document or foreign passport and visa documents or travel document or Immicard
- Centrelink card or benefits letter
- NSW Driver's License or NSW Photo ID
- USI number (Unique Student Identifier)



FOR MORE INFORMATION PLEASE CALL...

Tonya Cook-Pedersen – Sydney Community College
EMAIL tonya.cook-pedersen@sydneycommunitycollege.edu.au
PHONE 0412 247 656

Kate Maclean – Canterbury City Community Centre
EMAIL capacitybuilding@4cs.org.au PHONE 9750 9344

Romana Waseem – Canterbury City Community Centre
EMAIL cw1@4cs.org.au PHONE 9750 9344

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

**SYDNEY
COMMUNITY
COLLEGE**

A not-for-profit social enterprise



THIS TRAINING IS SUBSIDISED BY THE NSW GOVERNMENT

Outreach Services at Lakemba

Need help? Maybe one of the 3 centre-based services below could help you! Call our Centre on 9750 9344 to make a FREE and CONFIDENTIAL appointment.

Family & Parenting Support – Canterbury Earlwood Caring Association

Alison Matthews, Family Support Worker at CECAL is at our Centre on a regular basis to provide FREE support and counselling for families with children aged 0 to 12 years. Alison is a qualified Counsellor and has many years experience working with families with young children and teenagers.

If you need help or need to talk to someone about:

- Parenting/relationship concerns
- Your child's development
- Help with government agencies (i.e. Centrelink)
- Getting help from other services

For an appointment with Alison, please call 9750 9344.

Financial Counselling and Assistance – Metro Assist

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

A Financial counsellor can help if you are:

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

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

Help for Asylum Seekers - Red Cross

Red Cross Migration Support Program provides support to people who have arrived in Australia seeking protection. They work with people regardless of how they arrived in Australia and regardless of their immigration status. They believe that everyone deserves the right to dignity and respect.

Asylum seekers can face extreme hardship and uncertainty about the future. Red Cross programs are designed to provide support and opportunities for asylum seekers while they resolve their immigration status.

Jo Wirihana, Support Worker, Migration Support Programs Redcross is available every Tuesday for appointments.

To organise a time, you can call the Centre on 9750 9344, email: jwirihana@redcross.org.au or Tel 8265 3085



Mum 2 Mum brings together women with their children aged 0-5 years old, to assist newly arrived women from culturally and linguistically diverse backgrounds practice their English language skills and settle in Australia.

The group has been meeting since July at Canterbury Family Support, 9 Garrong rd Lakemba under the guidance of Sandi

Joelson, (English teacher) with the support of 8 volunteers from Mums4Refugees. Each week the women improve their English and practice their conversation skills.

The group is also supported by an early-childhood worker to keep the children entertained while mums are learning and a family support worker to assist families with parenting assistance should they need it.

This term saw the group enjoy a great day at the Botanical gardens as well as enjoy an excursion to the local library for storytime.

Mum 2 Mum will start again next year on Wednesday 1st February 2017 with lots of great outings and special days planned.

If you would like more information or to be involved in Mum 2 Mum, please call Kate on 9750 9344.

Makeup & Beauty



9 Week Course for Women designed as a pathway into the industry and will include 3 accredited units

Presented by TAFE NSW
South Western Sydney Institute



RTO 90008 CRICOS Provider Code 00591E
This course is fully Government subsidised



Learn how to design and apply makeup, provide Salon Services to clients, research and apply beauty industry information.

WHERE:

Canterbury City
Community Centre
'The Cottage'
28 Croydon St,
Lakemba 2195

WHEN:

Classes are every
Wednesday Starting
on 8 February 2017
for 9 weeks from
9:00 am to 12:00 pm

HOW TO JOIN:

You will need to
enrol on Wednesday,
1 February 2017 from
9:30 am to 11:30 am

Cost: *Fee Free if eligible for the NSW Government Smart and Skilled funding.

Applicants must be:

- no longer at school, and
- living or working in New South Wales and
- an Australian citizen,
- permanent resident or humanitarian visa holder.
- (Asylum seekers and refugees, including holders of a bridging visa holders may be eligible for a fee waiver)

Limited childminding will be available

For more information please call Romana on 9750 9344 or visit www.4cs.com.au