

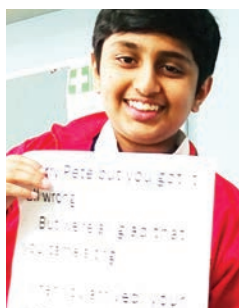
4CS NEWS

 Canterbury City
Community Centre
Community Building Community

Canterbury City Community Centre Newsletter | July 2017 | Volume 16 | Issue 3 | 4cs.org.au

CELEBRATING OUR VOLUNTEERS

FULL STORY ON PAGE 3



Mission:
Lakemba
song takes
centre stage

P4



Demand
for training
keeps STARS
busy!

P10



5 years on
& we're still
Listening@
Lakemba...

P7

WORD FROM THE CEO



Lots happening at the Centre at present ... new courses starting, all staff vacancies filled, renovations and office reconfigurations finished and our local film Mission: Lakemba has been developed into a song! Keep reading to find out more.

Centre Renovations finished... for now

You may have noticed that we have a beautiful new front door, tiling and a nice blue brick render out the front of the building in Railway Parade. Structural and safety work has also been undertaken to stitch the bricks in the front arches of the building and remove any trip hazards at the front door. The new look has given us all a lift! Thanks to Council for undertaking this work. Investigations are currently underway for repairs to the ladies toilet and we'll keep you posted.

Staffing Update

Some of you may be aware that our colleague Juliet Burton has resigned for health reasons after a short while as Social Inclusion and Wellness Coordinator. Juliet had previously been employed in the role of Garden Care Coordinator. We thank Juliet for the many improvements and the great work she did whilst in Garden Care and in the short time she co-ordinated the Social Inclusion Service.

The position of Social Inclusion and Wellness Coordinator has been filled by Alison Matthews who has worked in the Canterbury area for some time and is applying her passion for Social Inclusion and Wellness to the Aged Care sector.

The position of Garden Care Coordinator has been filled by Ryan Mouthaan who has experience in community development and engagement and has previously worked in local government. Ryan has extensive experience working

with volunteer based services and project management.

We are really excited to welcome Alison and Ryan to the team in July and look forward to 'profiling' them in the next Newsletter. Thank you to all 4cs team members for maintaining service quality while we have been short staffed.

Tell Us What You Think!

We rely on our community and people who use our services for feedback – this helps us to continually improve on what we do and to deliver on our Statement of Purpose! We seek feedback informally by asking for opinions, through meetings and discussions, and formally through client surveys and audit processes. The Centre has made it even easier to Tell Us What You Think ... we have a new form available on the website and in the foyer (or from a Team member) that can be filled out and posted to us or dropped in the Suggestion Box at the Railway Parade office. The suggestion box was kindly made for us by the members of the Canterbury Men's Shed ... thanks guys! It looks great. The Suggestion Box is pictured here with one of the main designers, Laurie, who is telling us what he thinks!

Membership Renewals & AGM

Finally it is that time of year again as we invite everyone to renew their membership and to think about attending the AGM. Membership is a really practical way in which you can support our work ... it costs very little and you will also receive the Newsletter in return.

Applications from new members are always welcome and can be made on the [Membership form](#) which is available from the Centre or from our Website 4cs.org.au/membership. Current financial members will be receiving their renewal notices shortly in the post.



45th

Annual General Meeting

Monday 11am

25th September 2017

**All members
& friends are
invited to attend
our AGM**

Where:

Canterbury City
Community Centre
130 Railway Parade
Lakemba 2195

Guest Speakers:

Canterbury City
Community Staff

Light refreshments
will be served

RSVP: 18 September 2017

call 9750 9344 or

customer.service@4cs.org.au

WHAT'S BEEN HAPPENING LATELY



National Volunteer Week

The 4cs relies on over 100 Volunteers to deliver and support services in various programs... from gardening, to home visiting, in administration and on our Board.

During National Volunteer Week we said Thank You to our amazing Volunteer Team at our annual Volunteer Week event. It is always interesting to see how we can transform the Centre at Railway Parade and this year it stepped back in time to become a 1950's Happy Days Diner.

4cs staff waited tables and Volunteers were treated to Hot Dogs and Vege Dogs, Spiders and Sundaes, Certificates of Appreciation, Gift Bags and a Hula Hoop demonstration with the very talented Bunny ... they even enjoyed a musical performance from the staff.

Thanks to Mount Lewis Bowling Club for lending us the decorations and the Juke Box which all helped to create that 50's vibe. A huge thank you to all the 4cs Volunteers ... we hope you had a good week.



MISSION: LAKEMBA FILM



What's Happening Now

Since it's very successful premiere, the film Mission:Lakemba has received lots of positive comments and requests from the public for more screenings.

Thanks to the Lakemba Club, the film was screened at their premises on the 18th May, with over 80 people in attendance including Local Member Mr Jihad Dib who thanked everyone involved. The film received a very enthusiastic response on the night.

In addition with the support of the Uniting Church, it was screened continually during our Chand Raat Celebration at the Uniting Hall on the 24th June. With screenings at 7pm, 8pm, 9pm and 10pm, there was continuous stream of people lined up to see the film, with an estimated 240 people viewing the film on the night.

We are currently producing DVDs to distribute the film to local libraries, schools and community groups, as well as entering the film in Film Festivals, both here and overseas. Who knows we might be invited to attend its' premiere in Europe! If you haven't had a chance to see the film yet, please contact the Centre and we can let you know when and where it's screening next.

'You're Always Welcome Here In Lakemba'

Given the popularity of the film Mission: Lakemba, the clever team of people behind its creation have decided to develop the film's brief

song into a full song and music clip, to enter the Sydneyvision Song Contest 2017.

With the help of Indigenous Hip Hop artist Mark Ross, aka munkimark and the film team at Art Resistance, Amalul, Amalina, Nessrin, Areib, Sadia and Annette have been working hard to develop the song's lyrics and music. Based on the original music developed by Amalul, a local student from Canterbury Girls High, and following several song writing sessions.

The final song is as powerful as the film in contrasting the medias negative portrayal of Lakemba, with the REAL Lakemba. Hence the song's title and chorus, *You're Always Welcome Here in Lakemba*.

Filming for the clip is currently underway with several different local groups and organisations agreeing to sing or dance in the music clip, including Lakemba Public School, the Muslim Women's Association and even local State and Federal MPs Mr Jihad Dib and Mr Tony Burke will be making an appearance.

With the song entries closing at the end of July, the music and filming will soon be wrapping up.

We have our fingers crossed that the song will make it into the grand final to be screened at the Dendy Opera Quays on the 16th August.

So keep an eye on the Centre's facebook page for updates and help our song get to Number One!!



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 Cottage
28 Croydon Street
Lakemba

WHEN

Fridays, 9:30am-2:30pm
4 August 2017 until 3 November 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 21 July 2017, 10am - 1pm

**Canterbury City Community Centre Cottage
28 Croydon Street, 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

Jacinta Buhck – Canterbury City Community Centre
EMAIL customerservice@4cs.org.au PHONE 9750 9344

Romana Waseem – Canterbury City Community Centre
EMAIL cw1@4cs.org.au PHONE 0412 270 811

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

GARDEN CARE



Staff shortages in Garden Care are coming to an end as we have welcomed two new Team Members, Adrian Rigg and Jo Di Pietro, to the Service and are about to welcome a new Co ordinator Ryan Mouthaan. Adrian and Jo introduce themselves below... and they are pictured in the garden at the Cottage which is beautifully maintained by our Garden Care team!

Adrian... I am the new Garden Care Scheduler, although I don't feel so new anymore – it has been a great couple of months getting to know everyone and how everything works. I previously worked at ANTaR, a not-for-profit organisation that campaigns for Aboriginal and Torres Strait Islander rights and equality, and I have also worked at the National Trust, the Australasian Society for HIV Medicine, and Shelter, a housing and homeless charity in London. Outside of work time I like walking my dog in the morning, talking about my dog, and walking my dog again in the afternoon. I've been inspired by the dedication of Garden Care staff and volunteers – I can see the difference their work makes to people's lives, and I'm very happy to be a part of it.

Jo... Hello! I am the new Garden Care Support Worker. I have been with Garden Care as a casual for the past 3 to 4 months and have loved every moment. I am a keen gardener and have strong interest in social justice and people's rights. I love working with

the garden care team, what a lovely bunch of people. The job includes both working in the community to empower the elderly and people with disabilities, allowing them more control over their lives as well as getting to spend time in people's gardens where there is always a story hidden in amongst the bushes or maybe a tale of the past at the morning tea.

Neighbourhood

Journalist Caroline Baum recently visited a Garden Care team on site to find out about the Service and to write a story for the new monthly Sydney paper Neighbourhood. Garden Care loves to share the stories of the many beautiful gardens they get to work in that belong to some amazing older Sydney residents ... and of course to highlight the work of our incredible volunteers.



You can subscribe to Neighbourhood here for free [neighbourhoodpaper](#) and keep an eye out for the Garden Care story ... hopefully it will be out soon.



Preserving Lemons

Use these lemons whenever a recipes calls for lemons and they are out of season. Simply remove from the jar remove pulp and use the skin.

Ingredients:

Lemons

Rock Salt

Sterile jars

Optional:

Peppercorns

Cardamom

Bay leaves

Chilli

Use your imagination eg. garlic or cloves

Method:

Wash lemons and dry.

Cut into quarters trying to keep attached at base so the lemon opens up, a little like a blooming flower.cover lemon with salt.

Place a little salt in bottom of jar then place lemon into jar. Repeat until jar is full ensuring each layer has about a teaspoon of salt sprinkled on it.

Squeeze lemon juice over the lemons to cover. Seal and leave on bench for 30 days.

When using other ingredients simply add to jar half way.

Refrigerate when opened.

Recipe by Jo Di Pietro



Yes it's BACK!

In June 2011, when the Centre first received Community Builders funding (3 years funding till 2014) we ran the very successful 'Listening@Lakemba Campaign' in partnership with Bankstown TAFE and WESTIR.

The aim of the project was to consult the community through a household survey and a community forum to involve the community in identifying local strengths & pressures, prioritise community needs and identify strategies to address these needs.

The Listening@Lakemba Report 2012 has since informed the community activities of the Centre. In partnership with community members and local services a range of innovative programmes have been implemented that address the priorities identified by the community; including a range of programs to increase social inclusion of women and their families, tackle local issues such as littering, lack of activities for young people and much more.

With the announcement in April 2017 of a further 3 years funding,

(till June 2020), we think it's time to conduct another Listening@Lakemba campaign.

Once again in partnership with TAFE NSW, WESTIR and other local service providers we will be conducting a household survey with students from Bankstown TAFE and encouraging as many people as we can to complete the survey.

'This is a great opportunity to have your say about what happens in Lakemba.'

Teams of interviewers will be knocking on doors in Lakemba between the 21st – 30th August to find out what residents think about their local neighbourhood.

The students will be conducting the survey as part of their Certificate IV Community Welfare Course to get hands on experience working in

the community. They will be asking residents what they like about living in the area and the changes they would like to see. The survey is confidential and anonymous and residents will be able to identify the students conducting the survey from their identity badges.

Last time over 300 surveys were collected and this year we are hoping for more. As with the last survey, everyone that responds will be invited to a community forum and lunch to hear the results from the survey and work together to look at solutions to new issues raised. It will be interesting to see 'what' if any, are the differences in responses from this survey and the last.

The results of the survey and forum will then be used to help Canterbury City Community Centre and other local organisations plan and run programs and services in the local area.

The survey will also be available from our website, but if you would like more information about the survey or Listening@Lakemba please contact Kate at Canterbury City Community Centre on 9750 9344.

English Classes

Free 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 19 July 2017 from 12:30 pm to 2:30 pm

Free English Classes for Men and Women

This class is to help you practise English for everyday use and to increase your opportunity for Study and Employment! At intermediate and advanced levels the classes are held every Tuesday between 12.30 pm and 2.30 pm during school term.

Come to the Information and Enrolment Session on Tuesday 18 July 2017 from 12:30 pm to 2:30 pm

The classes will be held at Canterbury City Community Centre 'The Cottage', 28 Croydon Street, Lakemba.

STARTTS Rohingya Women's Healing and Support Group

Rohingyan women are invited to join a new group meeting at The Cottage in Lakemba to support each other, and to learn about how to live a healthy life and recover from the difficulties they have been through.

The group will meet every Monday morning from 10:00 am - 12.30 pm Monday 31 July to Monday 18 September.

The group will learn about normal stress and grief responses, and how to cope with these, including ways to heal the body and mind, and develop a healthy lifestyle of improved sleep, nutrition and exercise. There will also be opportunities to build connections with each other, our values and with the environment in which we now live.

Childcare is available.

Inquiries to Soraya Kassim, Clinical Group Counsellor STARTTS (0421 645 798)

Mum2Mum Family Creative Play Day

Sydney Creative Play and Mums 4 Refugees invite you to join in a free day of creative activities for children and their parents to enjoy together.

We will be adding to a mosaic art project started by families from both our Cooks River Creative Playgroup in Canterbury and Mum 2 Mum Playgroup in Lakemba, in celebration of Refugee Week.

A light morning tea will be provided.

This is a free family event during school holidays and all are welcome!

Monday 10 July 2017, 10:00 am to 1:00 pm at Lakemba Community Garden Jubilee Reserve

Thank you to Canterbury City Community Centre for providing the venue and to City of Canterbury Bankstown for the support.



Healing Qigong

Easier than Tai Chi...

Simple to learn

WHEN:

Mondays from 24 July to 28 August 2017
10:00am to 12:00pm

WHERE:

Canterbury City Community Centre
130 Railway Parade
Lakemba 2195

FACILITATOR:

Lindsay from
Leichhardt Women's
Community Health Centre



It's free, with morning tea provided

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



SOCIAL INCLUSION



Join a Group and Have Some Fun!!!

Canterbury City Community Centre is currently looking for people to join its Social Inclusion and Wellness Program. The program is for Inner West residents 65 years or over who are looking to make new friends and broaden their horizons by becoming part of one of our social and activity groups.

We have groups on Tuesdays, Thursdays and Fridays to cater for a range of interests.

On Tuesdays we have a group with an Art and Craft focus. Members have made beautiful cards, sun-catchers, and done a bit of pottery and painting! If this is not your thing you might like just sit and chat with one of the other friendly members.

Our Tuesday Shed Mates group plays games and sometimes fires up the barbecue for lunch and go for a walk in a local park.

Our Thursday Group also likes to play games, has a regular guest speaker and sometimes enjoys listening to music together, a quiz and a bit of gentle exercise.

All these groups enjoy Morning Tea together as well as a nutritious lunch – maybe a hearty soup in the winter months, sandwiches or butter chicken – there is always something to tempt the taste buds!

Our Friday group is a Knitting and Crochet group – all levels of skill

are welcome! There are always lots of laughs with this lively group and plenty of friendly faces!

The groups head out on outings once a month to a local restaurant, club or beauty spot. There is always plenty to see and to do, – and to eat of course! Most important of all there are other people to talk to and share a joke with.

If joining a group is not for you – we may be able to assist you to access another activity you would like to be involved in, by organising someone to accompany you there. Perhaps you would like to see the latest movie or visit an Art Gallery, or just get out to coffee shops and restaurants a bit more. You may like to go out and check out some shops and pick up a little shopping as well.



We are happy to help you with this. We can also match you up with a volunteer to come to your home for social visiting – to join you for a cuppa and a chat, or to sit down and do the crossword with you!

There is a small fee for these services and transport can be arranged.

With programs like this there is no excuse for sitting at home on your own! Call our new Social Inclusion and Wellness Coordinator, Alison, if you are interested in any of these groups or if you would like some assistance in getting to any activities you would like to be part of. If you know someone who you think would enjoy this program please let them know.

You can contact Alison on 9750 9344.



STARS



Beauty and the Beast at the Palace Cinema Leichhardt

Every year STARS organises a Thank You Event for National Volunteer Week for the organisations and its volunteers who continue to support the program.

This year the team organised an exclusive viewing of *Beauty and the Beast* at the Palace Cinema Leichhardt. Participants received a Goodie Bag, Choc Top, and a ticket for a Lucky Door Prize, with donations from the Palace Cinema, Canterbury Olympic Ice Skating Rink, Mind Food Magazine and the Canterbury Leagues Club.

We aimed to provide an opportunity for volunteers to feel valued and to recognise their contributions by organising the viewing of this real classic while indulging in a choc top.

On behalf of Co.As.It. and all the volunteers that attended the screening of *Beauty and The Beast*, we would like to say thank you for organising it.

We had many volunteers call us with positive feedback for the event and wanting to extend

their gratitude.

STARS would like to thank the Palace Cinema for their support in organising this event.

NSW Volunteer of the Year Awards 2017, nominate now

More than 2.1 million people in NSW volunteer every year. They're involved in sporting clubs, schools, aged care, emergency services, beach safety, the environment, animal welfare and more.

The NSW Volunteer of the Year Awards are the premier awards recognising the work of volunteers in NSW. In 2016 more than 100,000 volunteers were recognised through these awards.

Now in their 11th year, these awards recognise the efforts of individual volunteers and highlight the good work of organisations in the community.

The promotion of the 2017 NSW Volunteer of the Year Awards is now in full swing with the Inner West Awards being held at the Burwood RSL on the 23rd August. Nominations close on July 14.

For further details for categories and nominations go to [volunteering](#).

Robyn our 4cs Volunteer

Robyn's volunteering story starts back at the 2000 Olympics, a time when the number of people volunteering in Australia increased dramatically. It was also around the time that Robyn retired and began her volunteer journey.

After the 2000 Olympic Games, and having an administration background (she was a PA for many years) Robyn first started volunteering at the Canterbury Hospital, which still continues to do. Looking for more opportunities to use her skills. In 2001 she contacted Canterbury City Council about other volunteering opportunities and it was suggested she contact the 4cs. Robyn has been volunteering at the 4cs for over 16 years assisting with administration and reception. She plays a vital role and carries out a range of every day administrative tasks such as photocopying, filing, answering the telephone and dealing with frontline enquires on the reception desk.

I asked Robyn what the highlight of her volunteering experience has been so far:

'Well I'm a Social Butterfly and I look forward to a Thursday when I volunteer at the Centre because I enjoy talking to people, having lunch and I always feel I get made a fuss of.'

Evidence has shown that volunteering helps with your physical and mental health and Robyn feels that this is the case for her. By volunteering she is keeping physically active and it helps her mentally because she is out meeting people instead of being in the house doing home duties. It also brings a sense of keeping in touch with the local community and giving something back which Robyn feels is important.



STARS Training

It has been a busy start with 32 workshops and 689 attendances at training in the February-May 2017 period.

Highlights included eight accredited units on the calendar to meet the needs of volunteers and staff wishing to build towards qualifications (Support Independence and Wellbeing, Provide Support to People Living with Dementia, Follow Basic Food Safety Practices, Recognise Healthy Body Systems, Assist Clients with Medication, Follow Safe Work Practices for Direct Client Work, Work Legally and Ethically).

Special thanks to SWSi TAFE Bankstown who facilitated two free skillsets through Smart and Skilled.

With the NDIS rolling out to the Inner West in July there has been a huge demand for training. Special thanks to the NDS Sector Development Team and NDS Sector Support Team who facilitated:

- NDIS in Transition (over 80 people attended)
- From Plans to Practice (4 workshops) and;
- Zero Tolerance – Understanding and Preventing Abuse of People with Disability (2 workshops)

Learning and Development Calendar (July-Nov 17)

The next Calendar July to November 2017 is currently being organized and will be out soon!

We value your input and are always wanting to know what workshops you would like to see on the calendar.

Please email starstraining anytime with suggestions. The next Calendar will have a range of quality courses both accredited and non-accredited.



July/August Workshops

- Working within Boundaries 10am-1pm Monday 24 July Campsie
- Volunteer Essentials 10am-2pm Tuesday 25 July Annandale
- CPR 9.30am-12noon Monday 14 August Campsie
- Responding to a Medical Emergency 12.30pm-3pm Monday 14 August Campsie
- Safe Home Visiting 10am-1pm Monday 21 August Campsie
- Volunteer Coordinator's Forum- Building a Social Media Presence 12.30pm-4pm Monday 28 August Campsie. Networking lunch from 12noon.

Save the Date!

Over the next 12 months VAST, 3 Bridges and STARS bring you a Professional Development Series of three workshops:

Managing a Flexible Workforce
Facilitator Matt Tanks

- Workshop 1: What to Expect 9.30am- 1pm Wednesday 13 September, Redfern Town Hall, Redfern
- Workshop 2: Setting up the Team 9.30am – 1pm Tuesday 31 October, Redfern Town Hall, Redfern
- It's a WARAP! Wellness and Reablement Action Plan Ensure your service meets new reporting requirements for CHSP Funding extension. Discover how to develop a Wellness and Reablement Action Plan for your organisation. Facilitator Glen Sorenson 9.30am-1pm Thursday 12 October. Bondi

Don't want to miss out!

If you subscribe to our mailing list you will never miss out on a fabulous workshop again!

To receive all the latest flyers, Learning & Development Calendars, surveys and updates email starstraining and ask to be put on the mailchimp list. Information about workshops is also available on the [4cs website](http://www.4cs.org.au)

CANTERBURY BANKSTOWN VOLUNTEER PROJECT



With funding from Canterbury Bankstown Council's Stronger Communities Grant, Donna from STARS has been working with organisations across the region to build their capacity in recruiting, managing and supporting volunteers.

Way 2 Go Training

During April, STARS organised the Way 2 Go Training, a Volunteer Management Toolkit developed by Albury/Wodonga Volunteer Resource Bureau and funded by the NSW Family and Community Services. The kit includes several resources aimed at Volunteer Managers/Coordinators to provide them with a tool which nurtures best practice in volunteer management and improves the retention of volunteers.

The training was held in three locations Navitas Campsie, The Bankstown Sports Club and Leichhardt Town Hall. Over 40 organisations attended over the three locations from Aged Care Providers to Schools. Feedback from participants was great and a lovely morning tea was provided which gave participants the opportunity to network. Wendi Etherington from Schools as Community Centres said,

'I found the toolkit fantastic... I can just tweak the existing templates instead of starting from scratch and there are templates for managing volunteers that I wouldn't have thought of.'

Post the training participants have been encouraged to contact STARS should they require support or have any issues using the material.

Community BBQ Celebrating National Volunteers Week

STARS supported Chester Hill Neighbourhood Centre with their community BBQ at the Paul Keating Park, Bankstown to celebrate this year's National Volunteer Week. Members of

the community were offered free delicious food from the Sausage Sizzle as well as the opportunity to participate in a raffle, get their face painted or receive a henna tattoo. Lots of Information on volunteering was handed out, with several people deciding to schedule a follow up interview with STARS to explore potential volunteer positions in the Bankstown area.

What Next?

STARS will continue to build relationships with local organisations and are organising further training workshops in the coming months, as well as a Volunteer Coordinators Forum.

- Volunteer Coordinator Forum
The Grass Roots of Successful Volunteer Recruitment,
Bankstown 9 August
- Laying the Foundations
- Building a Social Media Presence, Campsie 28 August
- Dementia Essentials,
accredited training delivered by Alzheimer's Australia -
Bankstown 13, 20 and 27 October

For people wanting to volunteer a series of Volunteer Information Sessions continue to be held across the region. If you would like more information about volunteering please don't hesitate to contact Donna from [STARS](#) on 9750 9344.



LAKEMBA COMMUNITY MARKET

SHOP AROUND THE WORLD AT LAKEMBA

Make sure you pop in to enjoy the atmosphere, entertainment & great shopping. With lots of stalls selling a variety of beautiful products including: clothing, jewellery, accessories, candles, gifts, food & second hand goods.

Celebrating Eid

Saturday 1st July – Come and join in the Eid festivities. Lots of great activities including FREE pony rides, jumping castle and craft activities.

Pakistan Independence Day

Saturday 5th August - Come and enjoy this celebration with lots of entertainment, fun activities and competitions for the whole family. There will also be FREE face-painting and a cultural dress parade.

Spring is Here

Saturday 2nd September - Come and enjoy the spring specials at the market. Time to clean out the wardrobe with 2nd Hand Stalls only \$15 this month, as well as gardening tips and workshops.



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 10:00 am to 4:00 pm

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



THE SHED PROJECTS



The Shed had a visit from Tony Burke (Federal Member of Parliament for Watson) and Sophie Cotsis (NSW Member of Parliament for Canterbury) to give them an update on our funding situation. They are both great supporters of the Shed and the 4Cs and I'm sure they would like to see the Shed projects continue on long into the future.

In addition visits were also organised to local member Mr Jihad Dib and Canterbury Bankstown Council to highlight future funding concerns. We have also applied for ClubGrants and will find out at the end of July if we've been successful.

The cold weather hasn't stopped the activity down at the Shed. At the start of May, TAFE began an 8 week Introduction to Carpentry Course. The purpose of the course was to give participants an idea of what it's like to study at TAFE and to encourage people to go into the building and construction industry where there's a skills shortage.

The course went really well. The teachers and the participants had a really good time and hopefully we can do more courses like this in the future.

The mixed day on Wednesdays has been slow to take off, with 2 new women members joining, despite having our mixed day promoted in the Torch, the Inner West Times and community radio station 2NBC.

We've given out a few membership forms to women, so we might have an increase in female members soon.

For Men's Health Week (12th – 18th June) members of the Men's Shed went for a visit to the Regent's Park Men's Shed on 14th June for a BBQ and to check out their set up. Both Sheds do similar projects – toys for sale, repair work, jobs for community organisations – while providing a place for men to meet and socialize. They put on a great lunch for us and hopefully they'll come visit us soon.

Bike Shed

The Bike Shed is still going strong revamping, repairing and renewing bikes to get them back on the road



and keep them out of land fill. We get down to the Lakemba Markets as much as we can to sell our bikes (it's pretty rare if we come back with any!) and when the Men's Shed is open. So we've usually got "brand new secondhand" bikes available.

For enquiries about the Men's and Bike Shed call Glenn on Wednesday or Friday on 9789 2710.

Men's Shed Fund Raising Barbecue at Bunnings

If you would like to support the Shed why not come down to Bunnings at Kingsgrove on Sunday 23rd July and enjoy the sausage sizzle... the members will be there from 8 am and they are pretty good at cooking a barbecue!



Introduction to Caring Careers

A course to help you get a job in aged care, home and community care and disability.

Complete core units towards the Certificate III in Individual Support and develop a career pathway.

Improve your English and numeracy skills.

Access volunteering opportunities.

Build your confidence.

WHERE

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

WHEN

Wednesdays, 9:30am-2:30pm

6 September 2017 until
13 December 2017

12 classes (*no classes during
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 or humanitarian visa holder (sorry - bridging visas not eligible)
- have (or are willing to get) a Unique Student Identifier



TO APPLY PLEASE COME TO THE INFORMATION SESSION

Thursday 17 August 2017, 10am - 12noon

Canterbury City Community Centre
130 Railway Parade, Lakemba

The information and enrolment session will last up to two 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

Jacinta Buhck – Canterbury City Community Centre

EMAIL customerservice@4cs.org.au PHONE 9750 9344

Romana Waseem – Canterbury City Community Centre

EMAIL cw1@4cs.org.au PHONE 0412 270 811

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

HOME CARE



Hi, my name is Tiko and I am a staff member at Canterbury City Community Centre currently working in a couple of roles. Canterbury City Community Centre was my placement site when I was doing my Certificate IV in Community Work, Mental Health and Alcohol and Drugs course late last year at Ultimo TAFE.

I began working part-time with the Home Care Package here at 4CS immediately after finishing my placement from November 2016. My role is two-fold - I work as a relief direct care worker doing home care duties like personal, domestic and social support companionship for our clients. I also assist the Coordinator by doing administrative duties like filing, liaising with direct care workers, re-scheduling rosters, entering data, home visits to new clients appointment with the Coordinator, telephoning clients and taking incoming calls for HCP program and any other work as directed by the Coordinator. Just recently, I also picked up some work as a social support companion with our Social Inclusion program under CHSP.

I like working here at the Canterbury City Community Centre because the staff here have a very high standard of work and inspire, and challenge me to do the same. I must say one of the things I like about working with 4CS, is being able to explore this beautiful, culturally rich diverse part of Sydney, the Inner West. Special thanks to all the staff here at 4CS for their willingness to employ me and giving me a go with my return to work goals.

My background is Pacific Islander from Fiji, mother of 3 young adult sons, grandmother to girls – with another on the way! I have lived in Australia for a total of 20 years.

I love watching movies, travelling, meeting people and getting different cultural experiences, cooking, cycling and good coffee.

Choosing to Change Your Home Care Package Provider ... it's Easy

As part of it's services to older people 65 plus, Canterbury City Community Centre is a Home Care Package provider. Home Care Packages (HCP) offers a comprehensive and tailored range of services for older people with higher level care needs.

We employ our own team of Care Workers which means we can match clients with a staff member who can best meet their needs and clients are able to develop a relationship with their worker, rather than a different worker coming in each week.

Our staff are caring, friendly and qualified professionals.

Services that we can deliver through the HCP include:

- Transport – to appointments or to visit a friend
- Domestic Assistance – house-cleaning, help with laundry or cooking
- Allied Health Services – podiatry or to visit a physiotherapist
- Respite
- Personal Care – assistance with showering or dressing
- Social Support – to attend a friendship group, home visiting or to attend a community activity
- Gardening and Home Maintenance – lawn mowing or gardening
- Home Modifications – equipment, hand rails, ramps or bathroom modifications

From 27 February 2017 clients can choose to change HCP providers if they are not happy with the services they are receiving. This is part of the philosophy of Consumer Directed Care that underpins the Home Care Packages – more simply, clients are encouraged to have a choice in services that are provided to them, who delivers those services and how they are delivered. It is important for clients to find the service provider that is the best fit for them.

If a client decides to change their HCP provider to another organisation who can better meet their needs, they need to check their Home Care Agreement so that they are aware of any conditions like notice periods or exit fees.

It is better for a client's peace of mind, and to minimise any disruption to service provision, to find a new provider before ending with the existing one. If a client doesn't have a provider in mind they can find providers in their local area by using the Find a service tool on myagedcare.gov.au or by calling 1800 200 422.

Clients need to contact My Aged Care to re-activate their referral code as this will be needed by the new provider before they can start delivering services. The current provider should assist a client who wishes to change providers, or if they have decided on a new provider they can also assist in this simple process. Clients will need to agree on a date for the existing services to cease and then enter into a new Home Care Agreement with the new provider.

Any unspent funds will transfer across with the client to their new Home Care provider. The old provider will give clients a statement showing the amount of unspent funds that will be transferred to the new provider.

Canterbury City Community Centre's Home Care Coordinator, Gina Gericke is very happy to discuss the needs of any client considering changing their HCP provider. Gina is friendly and approachable and has a wealth of knowledge about the Home Care Packages and how they work.

Gina can be contacted on 9750 9344.

Tuning into Teens

Free 6 Week Program for Parents
of Adolescents aged 12 and over



Every Wednesday for 6 weeks this course will help you learn how to better talk with and understand your teen, give tips on how to manage conflict and support your teen cope when they are angry or upset .

WHERE:

Canterbury City Community Centre
130 Railway Parade
Lakemba 2195

WHEN:

Starts Wednesday 26 July 2017
Finishes Wednesday 30 August 2017
10:00 am to 12:00 pm

Limited childminding will be available onsite

For more information or to make a booking call Romana on 9750 9344

Lakemba Community Garden

The Community Garden has 30 plot holders, each responsible for growing their own garden.

One of these gardeners is Shohana, plot 14.

Shohana...It is winter so I planted some mustard greens. They are growing very well. I share some with my Indonesian friend and she cooks it and sends me a photo. In my language (Bengali) you call this plant Sak. We use it in stirfry, or cook it with red lentils and small prawns, or just by itself with garlic and onion. Yum!

Recently my doctor told me I had to stop gardening because I was developing an allergic reaction, but I told my doctor without gardening, how can I live?!



Herbs for the Garden

We will have a workshop in the Community Garden to plant out the herb spiral. Get fresh for spring! Anyone from the community is welcome!

Saturday 2 September, 9:00 am to 12:00 pm, at the Community Garden

Enviroment@Lakemba

Environment@Lakemba continue to meet every 2nd month and are busy organising the Cleanest Street in Lakemba Competition.

The Cleanest St in Lakemba Competition will encourage people to be a street champion and enter their street. Once entered people will be connected to others in their street and receive support and resources to keep their street clean. Streets will be judged by a panel on;

- The amount of litter in their Street
- The amount of Household Dumping
- The tidiness of the nature strip

There will be several prizes for the cleanest street, with the winning street receiving a special street sign, declaring their street as the cleanest st, a community BBQ and other prizes.

If you would like to be part of Environment@Lakemba and help run and or enter this competition, visit our [website](#) or contact Kate on 9750 9344.



Working Bees

Come along and meet other gardeners!

Work on common areas together!

The 1st hour we work, the 2nd hour we learn.

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.

We have a number of Saturday Working Bees coming up:

1st July 9:00 to 11:00 am

5th Aug 9:00 to 11:00 am

2nd Sept 9:00 to 11:00 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 Thursday to assist in the Community Garden.

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



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

July

Lakemba Ladies Lounge will be closed during school holidays and re-opens Thursday 27 July 2017

All materials for the activities are provided by the Centre

Chai and Chat welcome back Morning Tea

Thursday 27 July 2017

9:30 am to 12:30 pm

August

Candle Decoration with Mehwish

Thursday 3 August 2017

9:30 am to 12:30 pm

Candle Decoration with Mehwish

Thursday 10 August 2017

9:30 am to 12:30 pm

Make a Rag Doll with Amira

Thursday 17 August 2017

9:30 am to 12:30 pm

Make a Rag Doll with Amira

Thursday 24 August 2017

9:30 am to 12:30 pm

Make a Rag Doll with Amira

Thursday 31 August 2017

9:30 am to 12:30 pm

September

Eid Party - Dress up and bring a plate to share

Thursday 7 September 2017

9:30 am to 12:30 pm

Greeting Cards with Iqra

Thursday 14 September 2017

9:30 am to 12:30 pm

Greeting Cards with Iqra

Thursday 21 September 2017

9:30 am to 12:30 pm

Lakemba Ladies Lounge will be closed during school holidays and re-opens Thursday 12 October 2017



Canterbury City
Community Centre
Community Building Community

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

Enter Your Street in the Cleanest St

Lakemba Competition

Lakemba is a great community.
Join together with your neighbours
to make it even better!

Find out how you can join the
“Cleanest Street Lakemba”
Competition and become your
street champion.

Get your entry form from our
website, or call Canterbury City
Community Centre on 9750 9344
www.4cs.org.au



Entries close Saturday 4 Sept 2017 • Winners announced at Haldon St Festival • Lots of Great Prizes!