

4CS NEWS

THE CANTEBURY COMMUNITY CENTRE NEWSLETTER | OCTOBER 2016 | VOLUME 15 | ISSUE 4



44th Annual General Meeting

FULL STORY ON PAGE 2



Congratulations Layla! You've been a dedicated volunteer for 21 years!

P2



Life@Lakemba Project – producing a series of short films on living in Lakemba.

P4



Lakemba Local, Farhana is recognised for her work at Volunteer Awards.

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WORD FROM THE CEO



What a busy place the 4cs is at present ... we have had so many new staff join the team and are thrilled already at the impact and contribution they are making to our work. We are still re-configuring office space and working through new roles at the Centre and I thank all of our staff for their co operation during these changing times. Additional staffing has meant that we have also been able to extend our Office hours to Monday to Friday 9 am to 4 pm – a great bonus for the community. No plans for a drive through service yet though!

Annual General Meeting

At the end of September, the 4cs held its 44th Annual General Meeting and while it seemed like only yesterday that we were at the 43rd AGM in other ways so much has happened that it seems like a long time ago. In presenting our reports we reflected on a very successful year for the Centre, not without its challenges, but one that leaves the 4cs in a good position moving forward.

We said thanks to the many hundreds of people who have had a role in making all things happen during the year – Board, staff, volunteers, funders, sponsors, Clubs, partner Organisations and local business people. We also recognised the achievements of two of our Volunteers – Bruno Gentile (STARS Training Award) and Layla Lavorato (21 years long service).

The 2016/17 Board of Directors were elected and we thank Tonya Cook-Pedersen, Meredyth Conn, Nicole Yade, Aka Rangiuiira, Skye Laris and Jubaida Hossain for accepting the responsibility for the coming year. Thank you to retiring Board members Janice Adam and Okechukwu Nwanoka for their support over the past year. There are still vacancies on the Board so if you are interested in finding out more let me know and either I or a Board member can fill you in on what is involved.

A copy of our Annual Report is now on the website or we have a limited number of print copies available should you want one.

End of Year Party

Pencil the date in your Calendar – for all Volunteers, Staff, Board and supporters we will be celebrating the end of year with a Garden Party on Tuesday 6th December 2016 between 5pm and 8pm. The Centre isn't big enough now so we are moving off site More details to follow.

End of Year Closure

The Centre will be closed from 4pm Friday 23rd December 2016 and will re-open at 9 am Tuesday 3rd January 2016. We wish everyone a very happy holiday time,

Merry Christmas to those celebrating the day and a Happy New Year for us all!

Happy 21st (Volunteering) Birthday Layla!

At the AGM we presented Layla Lavorato with a Certificate of Achievement for her 21 years of Service to the 4cs in her capacity as a Volunteer with our 4cs Friendship Group.

Layla has also served on the Board of Directors over a number of years. Layla is an endlessly positive and dependable member of our team and we value her contribution over so many years highly. Layla also received a custom made gold apron to wear in her volunteering duties in the future! Thank you Layla!



What's Been Happening Lately

Retail Assistantants Course

Students in our Retail Assistants Course for Women travelled to Granville TAFE as part of their studies to experience working in a Shop Like environment ... including using retail equipment such as Eftpos machines and cash registers. The 7 week course was run at The Cottage in partnership with TAFE NSW SSWi (Granville) and participants learned how to work effectively in a retail environment, complete sales, follow store policy, pack and wrap goods.

Congratulations to all Students A second course is starting soon



Tulip Time

Our Evergreen Garden Lovers Group recently visited Corbett Gardens in Bowral for Tulip Time. This annual Festival has been running for 55 years and is celebrated as one of Australia's oldest and leading floral festivals.

We had lovely weather to enjoy the tulips, stalls, music and entertainment and of course ... each other's company. Evergreen Garden Lovers share a monthly outing ... with a trip to Sculpture by the Sea and Bundeena planned in October and November. A Mystery Tour is planned for December!

If you are interested in joining one of our Social Support groups, contact Leanne on 9750 9344 – a referral from My Aged Care 1800 200 422 is required.



Rohingya and Burmese Women's Health Day

19th October 2016
10am to 1:00pm
at Canterbury City Community Centre
130 Railway Parade Lakemba
(opposite Quigg Street)

Education Session on Healthy Teeth organised through the Lakemba Women's Health Clinic.

Learn about :

- The importance of a healthy mouth for a healthy body
- How to keep our teeth healthy
- How to access free public dental clinics
- The free Government Child Dental Program

Presented by Lidiji Sestakova Health Information Program Coordinator, NSW Refugee Health Service.

For more information please call Romana on 9750 9344





Life@Lakemba

Following the success of a recent Club Grants application we have commenced the Life@Lakemba Project – working with local community members to produce a series of short films on living in Lakemba.

The final result will be shown during Harmony Week 2017 and will be screened widely on a variety of social media platforms.

The film will showcase and celebrate Lakemba's cultural diversity and vibrancy by weaving together interviews, stories and images of the local area and the people who live here.

We are being assisted in this project by the talented people at Art Resistance Film School and are really looking forward to the process and the final product. From a quick look at the first meeting it is going to be great.

Follow the Project on facebook and in our Newsletter and any enquiries to Kate on 9750 9344.

Welcome to our new Customer Service and Administration Officer

Hi everyone, my name is Jacinta Buhck and I am the new Customer Service and Administration Officer.

You may have already seen my face when walking through the centre door, or heard my voice on the other end of the phone. I will be looking after all general enquiries.

I am currently studying a Diploma of Community Service Work and hope to continue my studies in either social work or community development.

When I am not studying or working,



I like bushwalking, op-shopping, reading, going to food markets and cooking.

I have recently moved into the inner west and am very excited about starting this next chapter in my life with 4Cs.

I look forward to meeting or speaking to you in the future.



**CANTERBURY
MEN'S SHED**

Not just about the woodwork

OPEN DAY TOY AND CRAFT SALE

Saturday 26th November 2016, 10am to 2pm

Canterbury Men's Shed
109 Clissold Parade, Campsie
9750 9344



Join us
for a
sausage
sizzle

Mum2Mum

Mum 2 Mum brings together women with their children aged 0 – 5 years old with the aim to assist newly arrived women from culturally and linguistically diverse backgrounds practice their English language skills and settle in Australia. With our partners Mums 4 Refugees and CatholicCare the group has been meeting every Wednesday between 9.30 am – 12pm during school term.

During the September School Holidays the group combined with the Women's English Class and enjoyed an excursion to the Botanical Gardens via Circular Quay. It was a great way to spend a day in the school holidays with older siblings coming along as well. Everyone enjoyed the gardens and had a delicious picnic under the trees.

Mum 2 Mum will be starting up again in Term IV on

Wednesday 12 October from 9.30am to 12pm at 9 Garrong Rd, Lakemba in the beautiful CatholicCare's outdoor play area.

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



Environment@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 works closely with Council and the local waste service.

We always looking at innovative ways to educate the local community with clean up days, events, information, signage and stalls.

If you would like to come see what we do and join with other local residents, Environment@Lakemba meets every 2nd month to share a meal and plan activities. For more information call Kate on 9750 9344.

Next Meeting Environment@Lakemba on Wednesday 12th October from 5.30pm to 7.00pm at Canterbury City Community Centre 130 Railway Parade, Lakemba.

Learn to Sew for Beginners

This is a an eight week group for women who would like to learn the basics of sewing. Participants will make their own sheet set and cushion cover.

Classes start on
Friday 28 October 2016
from 10.00am - 12.00pm at
Canterbury City Community Centre,
130 Railway Parade Lakemba

Enquiries call
Romana 9750 9344
Places are limited and
bookings are essential.
No child minding available



Rohingya and Burmese Women's Health Day

16th November 2016
10am to 1:00pm
at Canterbury City
Community Centre
130 Railway
Parade Lakemba
(opposite Quigg Street)

Education Session on
Family Planning organised
through the Lakemba
Women's Health Clinic.

Learn about :

- Why family planning is important
- Contraception available in Australia
- Where can you get advice on contraception

Presented by Katherine
Bennett Senior Health
Promotion Officer,
Family Planning NSW

For more information
please call Romana on
9750 9344



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.

This course is open to continuing students wishing to complete additional Cert III units **and new students*

WHERE

**Canterbury City
Community Centre Cottage**
28 Croydon Street
Lakemba

WHEN

Mondays, 9:30am-2:30pm
7 November 2016 until
6 March 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

Wednesday 26 October 2016, 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

ACE CSO Training Program Manager, Sydney Community College

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

PHONE 0412 247 656

Donna Brunton

STARS Volunteer Recruitment & Training Officer

EMAIL starsrecruitment@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



Inner West Volunteer of the Year Award



On August 31st STARS co hosted the NSW Volunteer Awards for the Inner West Region.

Awards were presented by Minister Ajaka, Lakemba MP Jihad Dib and CEO of The Centre for Volunteering, Gemma Rygate.

A number of 4cs Volunteers were nominated for individual and Team

Awards and it was a wonderful opportunity to acknowledge the tireless work of so many in our community.

A record number of nominations were received this year and our STARS team were proud to be part of this event.

"Our incredible volunteers make NSW the beautiful and rewarding place it is to live and work" said Mr Ajaka the Minister responsible for Volunteering.

"Central to volunteer satisfaction is meaningful recognition of the vital and diverse contribution of volunteers."

These sentiments were supported by 4cs Volunteer Bruno "I'm truly so very grateful and humbled by your writing and sending such an amazing nomination.

All I can simply say is, a heartfelt thank you for your very kind thoughts and words. May I also

say that working at the Centre is a genuine pleasure when working with such dedicated and committed people. I'm pleased that my modest contribution and assistance is a part of providing a positive outcome for others".



Congratulations Bruno!

Regional Winner - Farhana Mostofa

The Regional Winner for the Inner West was Farhana Mostofa who was recognised for her work with the Probashi Bangladeshi Women's Association.

Farhana's volunteering has seen her provide practical support to women in her community to access Services, gain confidence and connect with others in their community.

Farhana helped to establish the Organisation and continues to help it establish networks within the broader community.

"Farhana's volunteering is a means for her to achieve the noble aims of social justice, equal opportunity and gender equity" said Gemma Rygate CEO of The Centre for Volunteering

"Farhana is a true advocate of women's rights and she has been working selflessly to extend the opportunities to the women in her community who are otherwise disadvantaged due to language and cross cultural barriers."

Farhana will gather with all 20 Regional winners on the 2nd December to learn who will be the overall NSW Volunteer of the Year. Good Luck Farhana!

Farhana started her Volunteering career two weeks after arriving in Australia with a visit to our STARS team. Congratulations and thank you Farhana.

If you would like to volunteer contact Donna Brunton on 97509344 to arrange an interview.



STARS Training Workshops

STARS facilitated a very successful Volunteer Coordinators' Forum and Volunteers Forum (24/8/16) on the topic of Person Centred Approach and Consumer Directed Care.

Both were held on the same day with a shared lunch in between so volunteers and coordinators could come together and share ideas. The 34 people that attended found the workshop and networking opportunities very beneficial.

The new STARS Learning and Development Calendar to November 2016 has been finalised and there are lots of new workshops to attend. Many of the workshops are free for CHSP/CCSP volunteers and staff.

Look out for the free symbol on the Calendar STARS can provide specialised onsite training to meet the needs of your team.

https://www.4cs.org.au/sites/default/files/public/Documents/Learning_and_Development/STARS/Training%20Calendar_Sept-Nov%202016%20FIN.pdf

We have 20 different topics available and customise materials. Please contact Deb at STARS starstraining@4cs.org.au 97509344.

During October/November the following workshops are available:

October

17 Oct Provide First Aid
9.30am to 4:30pm
The Carrington Centre Campsie

21 Oct Infection Prevention and Control
10:00am to 12:00pm
Canterbury City Community Centre Lakemba

21 Oct Infection Prevention and Control
12:30pm to 2:30pm
Canterbury City Community Centre Lakemba

24 & 31 Oct Mental Health First Aid
9.30am to 4:30pm
The Carrington Centre Campsie

26 Oct Working within Boundaries
9.30am to 4:30pm
Rozelle Neighbourhood Centre

November

4 Nov Recreational Activities For Clients in Aged Care
10:00am to 2:30pm
Ethnic Community Services Marrickville

4 Nov Step into Volunteering
10:00am to 12:00pm
Ethnic Community Services Marrickville

7 Nov Responding to Sexual Assault
9:30am to 4:00pm
Ethnic Community Services Marrickville

9 Nov Engaging Men as Clients & Volunteers
1:00pm to 4:00pm
Belmore Senior Centre

21 Nov Volunteering Essentials
10:00am to 2:00pm
The Carrington Centre Campsie

Inner West Social Connections



Knitting With Heart

Over the winter months, the Knitting With Heart members were busy creating lots of blankets, beanies, scarves and gloves. All this hard work was donated to Canterbury Bankstown Council's Homeless Hub as well as to Wrap with Love.

Another project that the group has been working on is Twiddle Muffs. Twiddle Muffs are muffs with bits & bobs on them & inside for people with dementia to fiddle with to provide a stimulation activity for restless hands and also sensory therapy. These will be donated to nursing homes that IWSC has CVS group visits.



Propagating Succulents Workshop

Inner West Social Connections held a Propagating Succulents Workshop in August hosted by Toni Salter – The Veggie Lady.

Both clients and volunteers got their hands dirty learning about different types of succulents and creating their own pot plant designs.



Canterbury Bike Shed Open Day

Saturday 15 October
10:00am to 12:00pm
Canterbury Bike Shed 109 Clissold Parade, Campsie

You don't need to be a bike expert to join the Bike Shed. Come down for a free BBQ to find out more.

For more information call Glenn on 9750 9344 or mensshed@4cs.org.au

RSVP by 13 October



WANT TO HELP THE MENTAL HEALTH OF YOUR COMMUNITY?

The 2nd edition Mental Health First Aid Course IS NOW AVAILABLE

For further information on the Mental Health First Aid Training and Research Program:

www.mhfa.com.au

This 12-hour Mental Health First Aid course teaches first aid skills for helping people experiencing a mental health crisis, mental health problems or the early stages of a mental illness.

Where: The Carrington Centre, 2 Carrington Square, Campsie

When: Mondays, 24 & 31 Oct 2016, 9.30am - 4.30pm

Cost: FREE for CHSP/CCSP volunteers, FREE for carers, \$100 CHSP/CCSP staff

Facilitators: Wei Jiang (Health Promotion Officer, Sydney Local Health

District, NSW Health) & Meg Bennett, Registered Nurse & BA (Psych).

Interested in attending?

Contact: Deb Helmrich, at STARS.

Phone: 9750 9344

Email: starstraining@4cs.org.au

Numbers are limited so please enrol by 10 October 2016.

STARS is an activity of 4Cs.

LEARN ENGLISH



FREE - English Conversation Classes for Women

Want to improve your English in a small conversation group for women?

Beginners and Intermediate Group

12.30 pm - 2.30 pm

Weekly Class

Enrolment: Wednesday 12th October 2016

Canterbury City Community Centre

'The Cottage' 28 Croydon St, Lakemba



Limited childminding will be available.

For more information please telephone Canterbury City Community Centre on **9750 9344**



BREATHE YOUR STRESS AWAY

A FOUR WEEK COURSE FOR WOMEN

Dates: Monday October 17th to November 7th

Time: 10am to 12pm

Where: 130 Railway Parade, Lakemba

Cost: Free, Morning tea provided
No child minding

Facilitated by Lindsey from Leichardt Women's Community Health Centre



**JUST BREATHING
WE CAN GIVE
YOU...**

LESS STRESS
DEEPER SLEEP
LESS DEPRESSION
MORE ENERGY
CLEARER MIND
MORE HAPPINESS

**To book, call
9750 9344
or e-mail
customerservice
@4cs.org.au**



When:
1pm—4pm
Wednesday 9 November
2016

Where:
Belmore Senior Citizens
Centre
38-40 Redman Parade
Belmore

Cost:
FREE CCSP/CHSP staff
A fee will apply for non
CCSP/CHSP funded staff

BOOKINGS ESSENTIAL
For Bookings and enquires
call or email STARS on
9750 9344
starstraining@4cs.org.au



Volunteer Coordinators Forum

Engaging Men

as Clients & Volunteers

Are you looking to attract more men to your service but aren't sure how to go about it?

Many men in need of support don't see community and aged care services as having something to offer them.

Local men who want to give back to their communities don't volunteer for community and aged-care services because they don't think these services offer anything they would be interested in doing.

How do we turn this around?

This training will:

- examine some of the perceptions many men have of community and aged-care services
- allow you to identify how 'male-friendly' your service is
- provide practical tools on how to make your service more relevant and interesting to men
- explore how to find ways to provide men with volunteer opportunities they are interested in and still meet the needs of your clients

Dr. Anthony Brown is an Adjunct Fellow at the Men's Health Information and Resource Centre, Western Sydney University, and Executive Director of Health Consumers NSW. Anthony has more than 25 years experience working with community organisations (as a volunteer, Board Member and member of staff), including as a volunteer coordinator for aged care and youth programs. He has also helped community, aged care and health services engage with men and boys. Anthony has researched older men's access to community aged and was part of the team that developed the *Mate to Mate* program to help build services capacity to engage with older men. He has recently completed his PhD that examined retired men's volunteer work.



Supported by funding from the NSW and Australian government under the CHSP/CCSP programs

Come and Join US FREE ENGLISH CLASS

Intermediate & Advanced Class for Men & Women

Learn and practise your English for everyday use

Increase your opportunity for study & employment.



STARTS TUESDAY 11TH OCTOBER 2016

When: Every Tuesday for 10 Weeks

Time: 12.30pm to 2.30pm

Where: 'The Cottage', 28 Croydon St.
Lakemba.

To Book: Call 9750 9344

Limited Child Minding Available



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

October

- 6 Oct Ladies Lounge will be Closed due to School Holidays
- 13 Oct Welcome Chat & Chai
9:30am to 12:30pm
- 20 Oct Facial Cleansing by Jubaida
9:30am to 12:30pm
- 27 Oct Basic Makeup Tips by Jubaida
9.30am to 12:30pm

November

- 3 Nov Welcome Lunch & Discussion with your Local Member of Parliament
9:30am to 12:30pm
Canterbury City
- 10 Nov Henna Design by Mehwish
9:30am to 12:30pm
- 17 Nov Eye Brow Threading by Uzma
9:30am to 12:30pm
- 24 Nov Upper Lip Threading by Uzma
9.30am to 12:30pm

December

- 1 Dec Basbousa by Ebtisam
9:30am to 12:30pm
- 8 Dec End of Year Party bring a plate to share Jubilee Reserve
Cnr of Railway Pde & Bellevue Ave
Lakemba
9:30am to 12:30pm

Closed during School Holidays for 7 weeks
Will be back on the 2nd February 2017

From the Board,
Management & Staff of
Canterbury City Community
Centre, Have a very
Happy Holiday Season & a
Prosperous New Year!



Canterbury City
Community Centre

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

Lakemba Community Garden

Community Gardens Tour

Come with us on an inspiring tour!

We are going to two other community gardens in Sydney to see how they do things... a good chance to make new connections, get fresh ideas and to celebrate our achievements!

Sunday 12nd November 2016

Bus departs Canterbury City Community Centre at 9.00 am and arrive back to Centre at 3.00pm

Bring sun hat, sunscreen, water bottle, lunch to share if possible and some seeds from your plot for swapping with other gardeners.

To make a booking call 9750 9344



The Secret Garden Tour

The Secret Garden is run by North West Disability Services and includes beautiful gardens, a nursery where people with a disability grow and propagate plants, horticulture therapy programs, farm animals, an orchard and more!

Come along and discover a secret gardening treasure!!

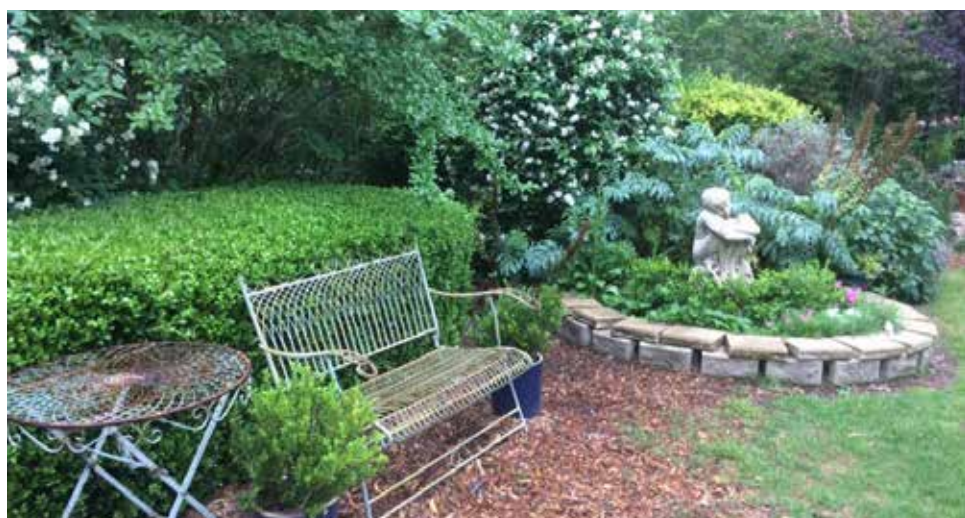
Saturday 22nd November 2016

Bus departs Canterbury City Community Centre at 9.30 am and arrive back to Centre at 3.00pm

Bring sun hat, sunscreen, water bottle and snacks.

Cost is free and a light lunch will be provided.

Only 12 seats available!! 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:

1 October 9:00 to 11:30am

5 November 8.30 to 11am

3 December 8.30 to 11am

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





Home Care Packages Up and Running!

Canterbury City Community Centre's Home Care Package service is now up and running! The packages are for eligible clients in the Inner West who have intermediate or high level care needs.

Gina, our Community Care Coordinator, has been busy setting up the service, contacting and visiting clients who have been referred, and developing care plans with them.

This involves discussing their individual goals and what services could assist them to achieve those goals. For example a client may have three main goals – improve management of a health condition, eat more nutritious meals and have more social contact.

A worker could visit the client and transport and accompany them to their medical appointments, assist in lunch time meal preparation by chopping the vegetables and take the client to visit a friend once a week.

Gina has also been busy recruiting new Community Care Workers to provide the service. New faces at the Centre in this role are Maddy Butcher, Kerry Ellison, Chadia Safi, Phillip Dodd, Christine Shinnars and Sue Roy!

They are all doing a fantastic job. We will be recruiting more staff over the coming weeks.

All our Care Workers have, or are currently obtaining qualifications, are experienced, professional and have a genuine commitment to working with older people and providing them with the best possible service. Because we know our workers, we are able to match workers to individual clients.

We also have an arrangement with organisations who can provide qualified nurses to attend to the medical needs of clients.

So far our Care Workers have visited clients to provide conversation and company; assisted with sorting out some paperwork; provided transport to hospital and other appointments; assisted with some housework; and accompanied clients to do some grocery shopping and have lunch at a cafe. We are currently assisting clients from Narwee to Annandale!

If you would like more information about the Home Care Packages you can go the My Aged Care website <http://www.myagedcare.gov.au> or call them on 1800 200 422.

You can also call Gina or Gillian at the Centre on 9750 9344.

Welcome to Garden Care Scheduler & Administrator

Hi everyone, I'm Kate Cullen, the new member of the Garden Care team. I will be working as the Garden Care Scheduler and Administration Officer, helping the 4c's team to continue serving our vibrant community. I have been working in the community services area for a number of years and can't wait to embark on this new



role helping people to continue living independently through the power of great gardens. I look forward to meeting our wonderful volunteers and clients and learning some expert gardening tips from the rest of the Garden Care team. Can't wait to dig in and get started!

LAKEMBA COMMUNITY MARKET

SHOP AROUND THE WORLD AT LAKEMBA

Celebrate Well-Being

Saturday 1st October – Relax and join in a FREE 'Breathe Your Stress Away' Workshop and pick up some information on keeping well. Enjoy a performance by Suara Indonesian Dance Group.

Lakemba Environment Day

Saturday 5th November. Come and Celebrate all things Green at the Eco Fair. Tours of the Community Garden, craft workshops with Reverse Garbage and performances with Eco-Pella.

Summer Celebration

Saturday 3rd December, come celebrate Summer at the markets. Free Jumping Castle, Make a Card Activity and Performances.



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



A FREE FAMILY EVENT
TO PROMOTE
SUSTAINABLE LIVING
IN LAKEMBA



LAKEMBA ENVIRONMENT DAY



with Entertainment including the Eco Pella Community Choir

Free Children's Activities

Tours of Lakemba Community Garden

Find out about growing your own vegies,
composting, saving seeds, easy care gardening and more!

Bonus ...visit the Lakemba Community Market at the same time!

SATURDAY 5

NOVEMBER 2016

10am - 1pm

JUBILEE RESERVE

Railway Pde and Bellevue Ave Lakemba

For more Information contact Canterbury City Community Centre 9750 9344