

Lakemba Community Markets off with a bang!

The last few months has seen a lot of activity as we finally launched the Lakemba Community Market on March 21 2015. The Markets have been two years in the making and final approval was given by Council to enter into a License Agreement on March 12th. Congratulations to 4cs staff members Kate Maclean and Romana Waseem for the vision and hard work that has gone into our Markets.

Aiming to build local capacity the Markets enjoyed a nervous start with a little bit of rain but by 11 am were buzzing. The 4cs are learning as are many of the Stall Holders – gradually discovering what works, what sells and what people enjoy. The Markets will start as a weekly event on Saturday April 11th and hopefully will attract visitors from outside the area to experience what we know so well ... Lakemba is home to harmony and a vibrant welcoming community in which to live, work or spend a Saturday at the local Market!

We have experienced a lot of good will and support from many sources for the start of the Markets and would like to thank Canterbury City Council for their help in negotiating the many steps in the process, the NSW Government through Multicultural NSW Celebration Grants for the funding support of the Harmony Day launch and our good friends at Planet Press for all that free printing!

Once again the Newsletter is introducing readers to some of the wonderful people associated with the 4cs – Centre Based

Day Care Volunteer Marie, Men's Shed member Laurie and some of the Saturday Garden Care Volunteer Team Robert, Maggie, Shahenaz, David and Melissa. It is such a privilege for all of the staff at the 4cs to be able to work with these dedicated and talented community members.

In May we will formally recognize the contribution of our Volunteers at the 4cs National Volunteer Week Breakfast – these are always a fun occasion and a chance for staff to spoil our volunteers and say THANK YOU for their work and the contribution they make to social capital. We really couldn't provide the services we do without the support of the 130 Volunteers who give their time, commitment and care to others in the community – I'm looking forward to sharing breakfast in such good company.

In late February staff and Board met to develop the Centre's Strategic Plan for 2015 – 18. The plan should be finalized over the next month and will see a renewed commitment to quality services, partnerships and capacity building and a new focus on social enterprise. It is an ambitious plan and one we hope will see us into the future.

Behind the scenes we have also been preparing for the review of our HACC services by the Australian Aged Care Quality Agency team on April 14. All Organisations undertake this review every three years and it seeks to ensure that services delivered meet national standards of governance and client care.

While this is undertaken we are also responding to major national changes underway as the HACC Program transitions to become the Commonwealth Home Support Programme (CHSP). We urge 4cs members and their families to become aware of the changes by visiting the web site www.myagedcare.gov.au or viewing the Fees Policy on the Dept of Social Services website.

We are also waiting to hear of the future of funding to our beloved STARS project in the next month. Part of the transition to the Commonwealth Home Support Programme is that all Sector Support services are under review and face an uncertain future. The STARS Programme has been a core service at the 4cs for over ten years and it's dedicated and extremely talented and hard working staff have provided training to thousands of volunteers in local services during that time. STARS has also raised the profile of volunteering at a local level and assisted local Organisations recruit the volunteers they need to deliver services to the community. We have built very strong partnerships with other Volunteer Recruitment Centres so hope to continue our work in some way in the future – current funding continues until October this year and we'll keep you posted.

Meanwhile, there is still a lot on offer and we encourage you to like us on facebook to be kept up to date.

Liz Messih, CEO

National Volunteer Week 4CS Volunteer Breakfast

Wednesday 13th May 2015

from 8.00 am to 10.00 am

at Canterbury City Community Centre

130 Railway Parade Lakemba

Music * Entertainment * Food * Great Company!

RSVP's essential to 9750 9344

**GIVE HAPPY
LIVE HAPPY**
NATIONAL VOLUNTEER WEEK 11-17 MAY 2015



LAKEMBA COMMUNITY

MARKET



Lakemba Community Market launched as part of Community Harmony Day on Saturday 21st March and were a great success. There were lots of stalls selling a variety of beautiful products including; clothing, jewellery, accessories, candles, gifts, food and second hand goods.

Many families enjoyed the day and the free activities such as the Animal farm, jumping castle and performance by the African drummers and dance group, AfroKidz.

Lakemba Community Markets will operate every Saturday, except Public Holidays from 10 am – 4 pm starting on Saturday 11th April at Jubilee Reserve, Lakemba.

Make sure you pop into the market on a Saturday to enjoy the atmosphere, entertainment and great shopping.



*Interested
in having
a Stall ??*

Applications for stallholders are available from the website www.4cs.org.au or by calling the Centre on 9750 9344 or emailing markets@4cs.org.au.

Stallholder Fees (include table and marquee)

Second Hand - \$25.00

General Market Stall - \$35.00

Hot Food Stall - \$80.00

Ask about our opening market special, pay for 5 weeks and get a week free.

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

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

April 2015

Love Food Hate Waste

Awareness of the food waste problem

Workshops Presented by:
Ethnic Communities' Council
Thursday 2nd April
9.30am – 12.30pm

Lounge will be closed
during the School
Holidays for two weeks
on Thursday the 9th April
& 16th April

Love Food Hate Waste

How to save money and
resources in food shopping,
preparation and storage
Thursday 23rd April
9.30am-12.30pm

Love Food Hate Waste

Creative recipes from left
overs - learn from each other!
Thursday 30th April
9.30am-12.30pm

May 2015

Ceramic Painting

By Sabina Mansuri
Thursday 7th May
9.30am – 12.30pm

Ceramic Painting

By Sabina Mansuri
Thursday 14th May
9.30 – 12.30 pm

Ceramic Painting

By Sabina Mansuri
Thursday 21st May
9.30 – 12.30

Ceramic Painting

By Sabina Mansuri
Thursday 28th May
9.30 – 12.30

June 2015

Cooking Workshop

By Fathima & Hira
Thursday 4th June
9.30am – 12.30pm

Cooking Workshop

By Fathima & Hira
Thursday 11th June
9.30am -12.30 pm

Cooking Workshop

By Fathima & Hira
Thursday 18th June
9.30am -12.30 pm

Cooking Workshop

By Fathima & Hira
Thursday 25th June
9.30am -12.30 pm



Canterbury City
Community Centre

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

LAKEMBA



Women's Health Clinic

Women's Health Nurse Kathy Lynch is available at the Centre every second Wednesday offering a free and confidential health service for local women. Women are seen by appointment for a range of health issues including;

- ✓ Cervical Screening, pap smears and breast checks
- ✓ Contraception and menopause advice
- ✓ Post natal checks
- ✓ Emotional health and well being
- ✓ General health screening including blood pressure, cholesterol, diabetes and Vitamin D levels

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

NEW!!

THREE WORKSHOPS FOR WOMEN

Easy Ways to Relax

Learn skills to:

- ✓ stop stress when it starts
- ✓ release old tension
- ✓ Emotional health and well being
- ✓ keep yourself calm with quick fixes, breathing techniques and visualization

Date: Mondays - 18th and 25th May and 1st June 2015

Time: 10:00am to 12:30 pm

Location: The Cottage, 28 Croydon St Lakemba

Facilitator: Lindsay from Leichhardt Women's Centre

Cost: Free, with morning tea provided

Child-minding: Limited child-minding but must be booked prior

To book please call 9750 9344

Introducing: Metro Assist Financial Counselling Service at the 4cs



A new financial counselling service for people having difficulty managing their money and worried about how to pay their bills and debts is starting at Canterbury City Community Centre.

Neena Diwan from **Metro Assist** will be at the Centre on Thursdays providing a Free and Confidential service from 9.30am – 4.00pm.

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.

The service has been operating in Ashfield for over 2 years and has assisted many people in financial hardship. Sarah Khan who visited the service said; "We were really behind with our personal loan payments, Neena helped us work out a plan with the creditors and develop a budget, we feel much more in control of our finances now".

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



The busy bees of Canterbury Bike Shed have been engaged in a hive of

activities during the first quarter of 2015. The Bike Shed has put out a short promotional video clip on the purpose and function of the Shed and its role within the community.

This video clip is available on

<https://www.youtube.com/watch?v=ynLtDrE6j3E> and the Canterbury City Community Centre's facebook page for viewing

<https://www.facebook.com/video.php?v=805138996189745&set=vb.376502192386763&type=2&theater>

The Bike Shed held an open day on the 21 March with very positive outcomes. The Shed has come a long way concerning membership which now stands at 22 and growing. This no doubt can be attributed to the successful promotional activities of Canterbury City Community Centre and Canterbury City Council. Another activity of the Shed this quarter is the Basic Bike Maintenance program which will be held on 18 April 2015 at the rear of Canterbury Men's Shed, 109 Clissold Parade, Campsie. This program aims to equip recipients of our bikes in the fundamentals of bike safety and maintenance.

For other enquiries contact Jegan Nadeson on 9750 9344/ 9789 2719 or email communitybikeshed@4cs.org.au.

SATURDAY
 18th April
 10am - 12pm

Basic Bike Maintenance

Learn skills that keep your bicycle running smoothly, safe and out on the road.

Topics covered include

- Tooling up: what do you need?
- Cleaning and lubrication: the easy way
- Wheels off / wheels on & tyres off / tyres on
- Introduction to cable systems
- Brakes and gear adjustments (where time allows)

What to bring

- ✓ Your bike
- ✓ Clean rag
- ✓ Appropriate clothes for a practical bike workshop

Where Rear of Men's Shed
109 Clissold Parade

Bookings www.getriding.eventbrite.com.au

Contact jordanm@canterbury.nsw.gov.au
or call 9789 9488 for further information.

Please let us know if you have any access or dietary requirements.

* This course is designed for cyclists who want to learn more about the basics of bike maintenance.

Canterbury Bike Shed meets on the 1st and 3rd Saturday of each month at the Canterbury Men's Shed, 109 Clissold Parade, Campsie between 9 am and 12 noon.

Upcoming dates are: 4 and 18 April, 2 and 16 May, 6 and 20 June 2015.

CANTERBURY MEN'S SHED

The New Year has got off to a flying start at the Men's Shed, with all members back after a short break over Christmas and New Year.

Work never slows down in the Shed, with some members already starting to build toys and other craft items for the end of year sale.

So far we have also built 4 outdoor potting benches for Canterbury Public School; 2 ramps for Leichhardt Women's Health Centre and pigeon holes for the office at the Cottage.....and there are more community project requests on the horizon.

I would like to thank Chris Saville for putting together the "short film" of the Shed which he made of us at our end of year sale last November. Great job!

And a special thanks needs to go to Laurie Atkin. I'm not sure where the Shed would be without Laurie's knowledge, help and support. He is not only a great assistance to all the Shed members and myself - organising the lunches, bringing the bins in on a Thursday....when we're closed!, opening and closing on Mondays, helping other members with their projects, assisting the Shed Mates program on a Tuesday and knowing where everything in the Shed is or should be - he is also more than happy to help residents who come in to repair their bits and pieces.

He's a great asset to the Shed and we all greatly appreciate all the work he does and his company..... and his knowledge of local history is indispensable.

Thanks again Laurie. I'm sure you'll continue to be a valued and respected member of the Canterbury Men's Shed for many years to come.

New members are always welcome and enquires can be directed to Glenn on 9789 2710 on Wednesdays and Fridays.





OM:NI Older Men New Ideas

Incorporated under the Associations Incorporation Act 1984.



"Where Men become Mates"

Are you over 50 years?

- ▶ **Would you like** to join a group where it is safe to speak your mind and express your feelings?
- ▶ **Would you like** to share your knowledge and lifelong experiences with others?
- ▶ **Would you like** to feel respected and honoured in your own community?
- ▶ **Would you like** the opportunity to meet other men and enjoy their company and friendship?
- ▶ **Would you like** to share your interests, hopes, disappointments and everyday joys with other men?
- ▶ **Would you like** to have a place where men can build their self-esteem and be accepted and respected by their peers?

If you can answer YES to these questions—OM:NI may be for you

Experience the camaraderie of being with older men who speak your kind of language and with whom you can exchange thoughts and ideas. OM:NI goal is to improve the overall health and well being of older men; to create deeper and more meaningful friendships; to promote policies, practices and activities which enhance older men; and to develop mateship.

We meet every 2nd & 4th Tuesday of each month 10:00—12:00 at 'The Cottage' 28 Croydon St, Lakemba

Talk to our member: Jack 9533 3930

www.omni.org.au

MATURE WOMENS GROUP



Would you like to be part of a group of mature local women who meet on a regular basis to discuss issues in a supportive and caring environment, learn new skills, share stories and experiences, and just generally have a chat over a cup of tea?

The group meets on Wednesdays in a local café or restaurant. Sometimes they wander further afield for a special outing.

If you are interested in being involved in this interesting group, please call Canterbury City Community Centre on **9750 9344**.



Listening and Responding to Service User Needs

When:
Thursday 9 April
2015

Time:
10am-3pm

Where:
Marrickville Town
Hall Meeting room
Cnr Marrickville &
Petersham Roads
Marrickville

Cost:
HACC volunteers free
\$20 non HACC volunteers
\$50 staff

Bookings Essential

For bookings and
enquiries please call
STARS
9750-9344
starstraining@4cs.org.au

Canterbury City
Community Centre
Website: www.4cs.org.au

This workshop is facilitated by Deb Helmrich, social worker and accredited trainer with STARS.

The workshop is suitable for volunteers and staff and is designed to give participants strategies to enable them to effectively listen and respond to service users in a respectful, empathic manner whilst maintaining professional boundaries.

Participants will gain knowledge, understanding and skills in:

- Listening & responding: includes engaging, attending and demonstrating empathy within boundaries
- Use of encouragers, paraphrasing & questions
- Summarizing and closing conversations

This workshop is interactive and there will be many opportunities to develop and practice your skills!

Please note that morning tea will be provided but not lunch.



STARS is funded to provide volunteer training in the local government areas of Leichhardt, Marrickville and Canterbury



STARS is supported by funding from the NSW and Australian governments under the Commonwealth HACC program



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STARS Volunteer Coordinators Forum

Legal Issues in Home Visiting

For Managers and Coordinators of Volunteer Programs

Facilitated by Liz Morgan - Senior Lawyer / Trainer,
Justice Connect / Not For Profit Law

When: Wednesday 22 April 2015

Time: 9.30 am to 4.30 pm

Where: Ethnic Childcare Family & Community Services Cooperative,
Building 3, 142 Addison Rd,
Marrickville

Cost: \$50



For bookings or enquiries please call STARS on
9750 9344

or
starstraining@4cs.org.au

Bookings are essential!



STARS is funded to provide volunteer training in the local government area's of Canterbury, Marrickville and Leichhardt
STARS is an activity of Canterbury City Community Centre
Website: www.4cs.org.au

FREE - English Conversation Classes for Women



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

Beginners and an Intermediate Group

12.30pm - 2.00 pm

Starting Wednesday 22nd April 2015

Canterbury City Community Centre

'The Cottage' 28 Croydon St, Lakemba

This class will be held every Wednesday from 12.30 - 2.00pm for 10 weeks, finishing Wednesday 24th June 2015

Limited childminding will be available.

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

These classes are provided in partnership with Mission Australia.



1872-2012 Celebrating 140 years of Service to the Community

GIVE HAPPY LIVE HAPPY

It's official – Volunteering really does make us happy!

The slogan for National Volunteer Week 2015 is Give Happy, Live Happy. This is a reflection of the growing body of Australian and overseas research indicating that volunteering improves health and well-being among people who do it.

Researchers have identified a phenomenon known as "helper's high," and numerous studies have found that up to 95% of volunteers feel better or healthier after helping out. In a University of Exeter study, volunteers had a 22% lower mortality rate than non-volunteers, and they also had higher levels of self-esteem and happiness.

Although researchers are a little less clear about why this is the case, they offer some possible explanations, such as increased social inclusion and activity levels.

One scientific explanation is that every time we "do good" it triggers a release of dopamine – the same hormone released when we do something pleasurable like eating something delicious! Interesting work on the "mirror neurons" in our brains shows that when we see someone enjoying an experience, our brain reacts as if we were having the same experience. So perhaps helping people and providing a positive experience for them makes us feel happy too!

Something else that becomes clear in the research is that cajoling people into volunteering can backfire - the evidence points to volunteering as beneficial only when it is something that people freely choose to do. As Sue Richards, one of the researchers says "Compelling people to volunteer is unlikely to yield health benefits."

One case study examines the experience of Richie, who volunteered with the London Olympics and found it totally life changing. "Being around other volunteers is really inspiring," he says. "There is so much good out there. It makes me want to be a better person too."

(with acknowledgement to The Guardian & Ben Schiller from Co.Exist)

VOLUNTEER WEEK 2015 COME TO THE MOVIES WITH STARS

STARS will be celebrating National Volunteer Week 2015 by going to the movies and taking their friends along –as long as they are volunteers!

It is a STARS tradition during National Volunteer Week to hold a special event as a way of celebrating the fantastic work that local volunteers contribute to their community. We have held Morning Teas, Pampering Days and last year enjoyed Afternoon Tea with Noeline Brown.

Our way of saying "Thank You" to all our local volunteers this year will be to treat them to a screening of the new release movie, "Cinderella" at the Beverley Hills Cinema, as well as a yummy Choc Top!!

"Cinderella" (G rating) stars our very own Cate Blanchett and the deliciously evil Helena Bonham-Carter, and is directed by Kenneth Branagh. It is a sumptuous remake of the fairy tale classic.

We will also be launching our own promotional YouTube clip at the event.

Volunteers wishing to attend must book through the organisation they volunteer for.

Our Volunteer Movie Morning will be on Friday 15th May 2015.

More details soon!!!



COMMUNITY AWARENESS



CAMPSIE

VOLUNTEER EDUCATION

If you are a volunteer supporting people in aged care, dementia care, or general community service you are invited to attend a 3 hour interactive workshop designed to assist you in your caring role.



During the workshop you will be provided fundamental information about dementia and its impact on the person, as well as learn strategies for communication and engagement.

MAIN TOPICS INCLUDE:

- Understanding major causes and symptoms of dementia
- How brain damage affects function and behaviour
- Effective engagement when visiting a person with dementia



This program is supported by financial assistance from the Australian Government and the NSW Government

ALZHEIMER'S AUSTRALIA NSW

Building 21, 120 Coffs Road, North Ryde,
NSW 2113, P O Box 6042 North Ryde 2113

T (02) 9805 0100

F (02) 8875 4665

E nsw.education@alzheimers.org.au

REGIONAL OFFICES

Bega, Newcastle, Port Macquarie, Coffs Harbour,
Sutherland, Wingecarribee, Illawarra, Blacktown

WORKSHOP DETAILS

Dates Monday 15 June 2015

Cost Free
(Morning tea included)

Time 9.00am - 12 noon

Venue The Carrington Centre
2 Carrington Square
Campsie
(off Anglo Road)

OR THE AFTERNOON SESSION

Dates Monday 15 June 2015

Cost Free
(Afternoon tea included)

Time 12.30pm - 3.30pm

Venue The Carrington Centre
2 Carrington Square
Campsie
(off Anglo Road)

TO REGISTER FOR WORKSHOPS

Send your registration form to:

F (02) 9740 6332

E starstraining@4cs.org.au

Or call for more information:

T (02) 9750 9344

Email acknowledgement of your registration will be sent to you within 5 working days.

**UNDERSTAND ALZHEIMER'S
EDUCATE AUSTRALIA**
FIGHTDEMENTIA.ORG.AU

Mindfulness

When: Mondays 4, 11, 18, 25 May 2015
(All 4 weeks to be attended)

Where: The Carrington Centre
Carrington Square, Campsie

Time: 9.30am – 11.30am

Cost: FREE for HACC volunteers
\$20 non HACC volunteers
\$50 staff
(cost is for total 4 week program)

This is a practical and interactive workshop

- * These workshops will include:
- * Introduction to Mindfulness
- * Mindfulness of Thoughts
- * Breathing Mindfulness
- * Mindfulness Meditations

Mindfulness can help to relieve stress, improve sleep, help improve memory and help you solve problems more easily.

Jenny, a Clinical Counsellor and Clinical Supervisor who works with Anglicare is the facilitator for this course. Jenny has many years experience delivering workshops and groups to people from all walks of life. She has worked in private practice and in the mental health field. Jenny is passionate about working with carers.

Bookings are essential on 9750 9344 or starstraining@4cs.org.au

STARS is an activity of Canterbury City Community Centre. Website: www.4cs.org.au

STARS is funded to provide training for HACC volunteers in the Local Government Areas of Leichhardt, Canterbury and Marrickville



STARS is supported by funding from the NSW and Australian governments under the Commonwealth HACC program





Peter has been a Garden Care client since 2013. In March 2015, the Saturday Garden Care Team spent the day in Peter's garden. Peter says " They always arrive on time, they are very thorough and very pleasant to have around the place. I like chatting with them at morning tea time. The staff help me make decisions around the garden that I am always very happy with. At the end of the day the garden looks wonderful."

There are now 10 gardeners that volunteer on Saturdays. We spoke to some of the Saturday team about being a volunteer with Garden Care.

What brought you to Garden Care?

A love of gardening was the overwhelming response, but for Maggie Garden Care is a chance to do something not always possible when living in an apartment – "Living in a unit with 2 balconies led to my missing the experience of gardening". Robert was recommended to the program and thought "gardening sounded ok" – so ok that in fact Robert now volunteers three days a week!

For Shahanaz, the enjoyment comes from being part of a team (as well as loving pruning!), "Working together and how to work together", while for David and Robert the companionship and social environment of Garden Care is a big positive. David said that one of things he enjoyed was "meeting new people" while Robert liked "talking to clients, the companionship of the volunteers and the helpful staff!"

What is the best part of the day?

For Shahanaz, morning tea was the best part of the day. This is the chance for the volunteers to sit down with the client and enjoy each other's company (over a cup of coffee or tea and some nibbles!) Melissa was a little more diplomatic and said that she couldn't discriminate while Robert and David both liked looking back on the garden once everything had been completed to see the difference they'd made. For Maggie, it was " seeing what can be achieved in such a few hours and the gratitude and happiness of those we've helped".

What do you get out of volunteering with Garden Care?

Maggie loves the fact that each Saturday the team visits a different property – "I get to garden in places that have been well loved often in suburbs I'm not familiar with – so I'm 'learning' Sydney too"! For Shahanaz, volunteering with Garden Care offers a sense of community and friendship. Robert enjoyed the sense of achievement.

What is the most challenging part of the day?

Apart from when the weather isn't on their side, most of the volunteers found the end of the day the hardest. Shahanaz said the end of the shift when everything needed to be packed and bundled was toughest, while for Robert it was "the last hour" that was hardest to get through. For Melissa, it isn't the end of the shift that is the struggle, but instead said the toughest part of the day was "first thing before the coffee has hit".

Who makes the funniest jokes in the team?

Controversy! For Shahanaz, Robert is the funniest while for Robert one of the team leader's, Megan has the best sense of humour. Maggie believes the whole team has a well-rounded sense of humour and that there isn't a particular jokester ("thankfully") among the volunteers.

What things have you learnt from Garden Care?

For the Saturday Garden Care volunteers, Garden Care has taught a range of things, from garden skills and techniques taught not only by the team leaders but also other volunteers and clients, to broader impressions of the community and its spirit. As Maggie put it, "we are truly multicultural and most people in the world are generous".

Inner West Social Connections

Get more out of life!

Inner West Social Connections will be starting various outing groups this year starting with Evergreen Garden Lovers going to Eden Gardens on 30th of March and our Social Seniors are going to the Royal Easter Show on the 1st of April.



Knitting with Heart

Knitting with Heart has started with much enthusiasm on the 6th of February with people from the community coming together to knit, crochet, chat and have morning tea together. The focus is to knit or crochet for a cause. We have one lady crocheting hats for the homeless, another knitting toys for the Children's hospital, others knitting squares to make blankets for the RSPCA, whilst some bring along their own knitting projects that they're working on and enjoy the company of others. Some volunteers that help run the group are also learning to knit and crochet, so there are opportunities for anyone to come along to learn as well.



Evergreen Garden Lovers

Monthly Seniors Bus Outings

In March, Inner West Social Connections are launching a monthly bus outing group called "Evergreen Garden Lovers" that will be offering day trips to various parks, private gardens, garden centres and botanical gardens around the Sydney area. During the colder months, we will have guest speakers.

ELIGIBILITY CRITERIA:

- Over 65 years of Age
- Good mobility due to the amount of walking that may be involved.
- Live in the Ashfield, Burwood, Canterbury, Canada Bay, Leichhardt, Marrickville or Strathfield Local Government Areas.

COST: \$5 for transport, entry fees to gardens and/or tours (if there are any) and buy or bring your own lunch when required.

WHEN: Most day trips will be on the last Monday of the Month unless there is a special Garden Festival or open day on the weekend. Times may vary depending upon the location of the venue.

PLACES ARE LIMITED: There are only 9 places available on the mini-bus for each trip.

Proposed 2015 Calendar (to be confirmed & open to suggestions)

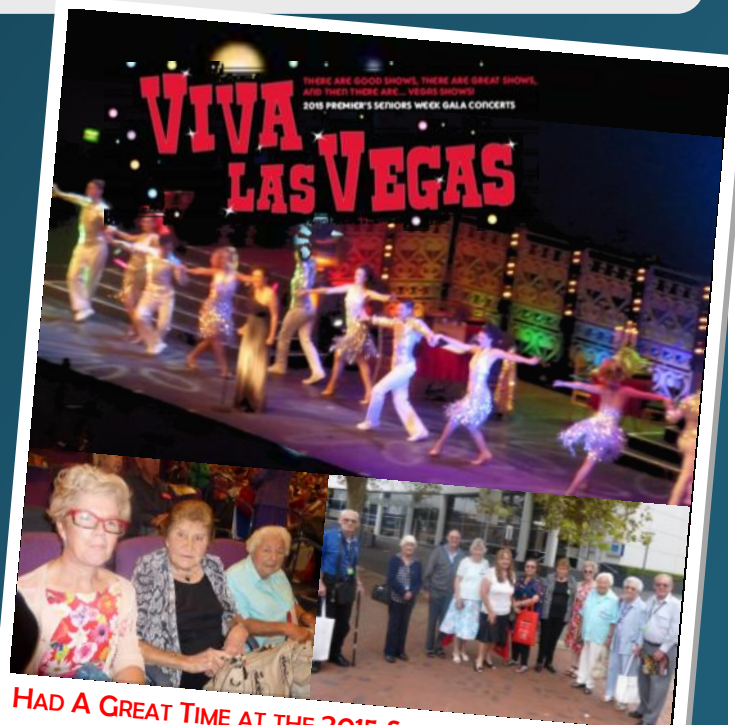
30th of March	Eden Garden Centre – North Ryde
27th of April	Mt Annan Botanical Gardens
Saturday 2nd of May	Garden Fair at Glenmore House, Glenmore
29th of June	Flower Power Enfield
27th of July	Guest Speaker – Kai Willis African Violets
31st of August	Ku-ring-gai Wildflower Gardens, St Ives
September	Bowral Tulip Festival? To be confirmed
Saturday 24th of October	Open Day Lakemba Community Gardens & Eco day
November	TBA

To register your interest, please contact Leanne on 9750 9344 or email socialsupport@4cs.org.au

Inner West Social Connections
Get more out of life!

Canterbury City
Community Centre

hacc
Home and Community Care



HAD A GREAT TIME AT THE 2015 SENIORS GALA CONCERT!



CENTRE BASED DAY CARE PROGRAM

Canterbury City Community Centre's Centre Based Day Care groups continue to provide support and social contact to elderly clients in the Canterbury local government area.

At the 4cs Friendship Group, clients come together to enjoy social interaction, gentle exercise, as well as listening to regular guest speakers. Guest speakers so far this year have included a staff member from Bankstown Community Transport providing information on individual and group transport, as well as shopping services and outings. Clients were also introduced to the Opal Card by an Opal representative – what it is, where to buy it and how to use it. The 4cs Friendship Group now has 36 members.

Once a month the clients head off on an outing. This provides a much-needed change of scenery to places our clients would have difficulty getting to otherwise – all in good company. Recently the group visited the Tree Tops Bistro in Lugarno and danced away at Margaritaville in Darling Harbour. The photographs below speak for themselves!

Our Social and Activities Group currently now has 22 members and has almost doubled in size since its inception! Clients have tried their hand at a range of art and craft activities including oil painting, card making, beading and costume jewellery making. They joined Uniting Care Disability for a joint Seniors Week meets St Patricks Day celebration with a performance of Irish Dancing followed by lunch. I hear there was much blarney and everyone was Irish for the day!

The dedicated team of volunteers supporting these 2 groups are to be congratulated for their amazing efforts and the cheerful way they go about their volunteer duties. Check out our interview with volunteer Marie elsewhere in this newsletter!



INTERVIEW WITH CBDC VOLUNTEER MARIE



Marie has been a volunteer with the 4cs Centre Based Day Care program for almost 4 years.

"I really enjoy it! I am not working and I was getting really bored at home – and now this has become my second home! I meet new people and have made some very good friends during my time here. I really enjoy working with elderly people – it makes me feel happy!"

Over the four years Marie has also attended quite a number of volunteer training courses organised by STARS. "The free training is great. I have learnt many new things relating to my volunteer work - things I never knew about before including Dementia Awareness. It gives me more confidence to do the work. We also receive a certificate when we complete the training which I appreciate."

Marie has many other interests outside of volunteer work. She is a keen gardener ("I love the outdoors!"), and although has a small garden, manages to grow paw paws, tomatoes, bananas and many herbs including basil, oregano, thyme. She also sews, and as a chef in her former life, loves to cook – especially spicy Indian food.

It makes you wonder how Marie can find time for volunteering, with her busy life, but she is absolutely passionate about it. "People need us (volunteers)! Some people are lonely and need company and they enjoy coming in and talking to us – and making friends with each other. We enjoy being with them too!"

Marie's advice to others? "Don't stay home – get out and do some volunteer work!"



Clean Up Australia Day on March 1st was our most successful one yet! It was a very hot day but we had our biggest turn out ever with over 50 people cleaning up litter in Jubilee Reserve and along Railway Parade, Lakemba. It was great to see so many residents come to help out and a big thank you to all the members of the Burmese Rohingya Australian Association and the Lakemba Bangla Community School for joining with Environment@Lakemba to help reduce litter!

This year Environment@Lakemba will be focusing their litter reduction activities along Railway Parade, Lakemba. With the success of cigarette bins and signage on the Boulevard reducing litter, the group are looking at ways to improve Railway Parade. With a small grant from the EPA, the group is looking at improving seating and rest areas near the station to reduce the large piles of milk crates, as well as installing extra bins along the street and in Jubilee Reserve.

If you would like to be part of Environment@Lakemba, we meet every 2nd month, share a meal and discuss ways to reduce litter and household dumping in Lakemba. For more information call Kate on 9750 9344.



The Next Meeting is Wednesday 13 May 2015, 5.30pm to 7.30pm

Canterbury City Community Centre at 130 Railway Parade Lakemba

If you require further information, please don't hesitate to contact Kate Maclean at Canterbury City Community Centre on 9750 9344 or Jordan Moy at Canterbury City Council on 9789 9488.

lakemba COMMUNITY GARDEN

Steering Committee

The 2014/15 Community Garden Steering Committee is comprised of gardeners and FROGS Annette B, Uma, Sylvia, Jeanette, Sundari and Mary with Liz providing some admin and organising support.

The next Steering Committee meetings will be held on Thursday 16th April & 18th June 2015 at 6pm ... please raise any issues you want discussed with Steering Committee members or Liz.



WORKING BEES



Working Bees are a time when members and friends of the Garden work to maintain the shared spaces of the Garden. They are also a great time to get to know your fellow Gardeners and share harvest, seeds, company and conversation.

The next few Working bees will be held between 9.00 am and 11.30 am on

- * Saturday 18th April 2015
- * Saturday 16th May 2015
- * Saturday 20th June 2015

COMMUNITY GARDEN WORKSHOPS

MT ANNAN BOTANICAL GARDENS

SATURDAY 11TH APRIL 2015

9.00 AM TO 2.00 PM

Come with us on a Bus Trip to Mt Annan Botanical Gardens! We will leave Canterbury City Community Centre 130 Railway Pde at 9.00 am sharp and return around 2 pm.

We will enjoy a guided behind the scenes tour at the Gardens' with a Ranger from the Botanical Gardens. Bring a picnic lunch and blanket as we will spread out on the lawn and share food together. There is a native food garden for us to explore and plenty to take in with all the Australian native plants surrounding us. .. as well as the birds and maybe other wildlife!



VEGE GROWING 101

SATURDAY 2ND MAY 2015

10.00 AM TO 12.00 NOON

Lakemba Community Garden, Jubilee Reserve Lakemba

Presented by Myriam Pitre, Ultimate Happiness.

This workshop will provide a beginners overview of growing vegetables. How to ensure your soil provides a good foundation, plant choices, crop rotation, pests and companion planting and where to get more information.



NATURAL PEST MANAGEMENT

SATURDAY 2ND MAY 2015

10.00 AM TO 12.00 NOON

Lakemba Community Garden, Jubilee Reserve Lakemba

Presented by Emma Daniell Natural Touch Landscapes

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 organise your garden to reduce the impact of plant eating bugs.



GARDENING IN SMALL SPACES

WEDNESDAY 17TH JUNE 2015

6.00 PM TO 8.00 PM

Canterbury City Community Centre 130 Railway Pde Lakemba

Have you ever wanted to grow your own vegetables but don't think you have enough space? Learn how to grow vegetables in pots with this workshop. Whether you are living in a unit or you only have a small courtyard ... or you simply want to know how to grow plants successfully in pots, then this is for you. Includes tips on getting the most out of your small garden through vertical planting.



BOOKINGS TO 9750 9344 ARE ESSENTIAL FOR ALL WORKSHOPS

LAKEMBA COMMUNITY

MARKET

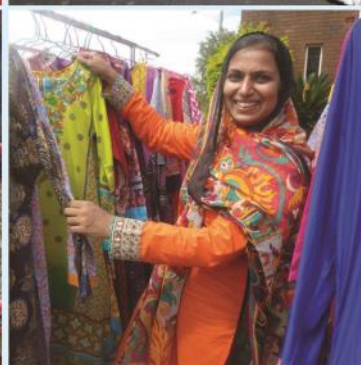
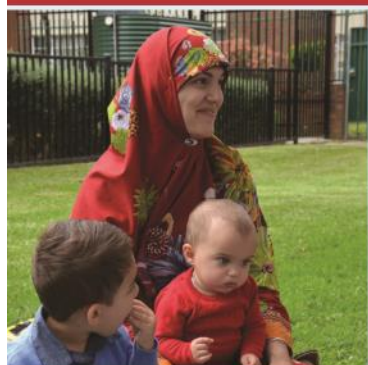
SHOP AROUND THE WORLD AT LAKEMBA

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and so much more...



EVERY SATURDAY 10AM – 4PM

EXCEPT PUBLIC HOLIDAYS

JUBILEE RESERVE LAKEMBA

CNR OF RAILWAY PARADE AND BELLEVUE ST

INFORMATION & STALL HOLDER ENQUIRIES: Canterbury City Community Centre 9750 9344