

Shop around the World at the Lakemba Community Markets

The 2015 year has started with great uncertainty in our sector. Significant changes to Government Policy and funding opportunities at a State and Federal level have made the future for community based Organisations less certain than ever before. In this context we were happy to receive news just prior to Christmas that funding to support the delivery of our Home and Community Care funded services will be extended, subject to negotiation, until June 2017 with funding to the STARS Program extended three months until October this year.

Unfortunately funding is not available to support the continuation of the Certificate III in Micro Business operations at the Centre in 2015. This highly successful partnership with Sydney Community College has been delivered over three years and seen over 60 women establish small Home based businesses. We will miss this Program and are continuing to explore options for local residents to access training in a community setting and of course any opportunity to work with Sydney Community College again. We have also been investigating options to work with our partners at TAFE SWSi again – within a changed environment there is a lot to learn about how best to move forward!

Partnerships have always been a feature of the 4cs and we are pleased that two of our existing partners, Leichhardt Women's Community Health Centre and Canterbury Earlwood Caring Association, will continue to outreach services through the 4cs in the New Year. We are also excited about starting a new partnership with MTC Australia in delivering an Intensive Prepare for Work course for eligible job seekers starting in February.

Current changes and the external environment in which we operate place added importance on the outcomes of our Strategic Planning Day to be held in late February. The resulting Strategic Plan will set our direction for the next three years until 2018 and will include feedback from

stakeholders and the involvement of 4cs staff and Board members.

A new year always starts with hope for the future and excitement about what the year may bring. 2015 is no exception. After two years work we are close to launching the Lakemba Community Market on Harmony Day – 21 March 2015. The Market will become a weekly event which will serve as an opportunity for local residents to enjoy the setting of Jubilee Reserve Lakemba (adjacent to the Lakemba Community Garden) whilst shopping or having a bite to eat. The Markets will also provide an opportunity to build community capacity as locals become stall holders and importantly for the Centre an opportunity to develop an independent income stream to support community projects. Fingers crossed for final approval in late February!

Once again our Newsletter is featuring stories of some of the people who are involved in Centre Projects and activities – we thank William, Jenny and Michelle for sharing their stories with us. Our STARS team are encouraging all readers to make volunteering a new year's resolution and the positive experience of our volunteers would certainly support that view!

The Canterbury Men's Shed and the Community Bike Shed continue to expand in numbers with the Bike Shed hopefully replacing their structure at the rear of 107 Clissold Pde later in the year with funding received under the Community Building Partnership. The Inner West Social Connections Service has a number of new activities starting and our Day Centre programs are back with a vengeance.

There are so many reasons to get involved and lots of opportunities. From all of us at the 4cs we wish you a happy and healthy 2015 and we hope to see you at some of our activities during the year – remember to keep an eye on our website and facebook pages for updates.

Liz Messih, CEO



SENIORS WEEK 2015

There are a number of activities planned for Seniors Week 2015 at the 4cs ... in partnership with the City of Canterbury as part of a month long celebration for Seniors!

Low Maintenance Gardening and Planning a Garden for Retirement

1 pm to 3 pm Thursday
26th March 2015
The Cottage, 28
Croydon St Lakemba

Diabetes Awareness Session (including a healthy lunch)

10.30 am to 12.30pm
Monday 30th March
2015
The Cottage, 28
Croydon St Lakemba

2015 Canterbury Seniors Gala Day

10 am to 2 pm Thursday
19th March 2015
Lakemba Senior
Citizens Centre, cnr
Croydon St & The
Boulevard Lakemba
(This event subject to
funding)

WHATS BEEN HAPPENING LATELY...



MICROBUSINESS GRADUATION

Congratulations to the students who graduated on 10th December 2014 in Certificate III in Microbusiness Operations.

This course has been run each year for the past three years at the Centre and has been a wonderful partnership with Sydney Community College. Our thanks to the College for providing this opportunity to local women in our community to learn skills in running their own small home based businesses.

It is a wonderful achievement for all the women involved and we look forward to seeing what you do next ... maybe having a stall at the Lakemba Community Market!



END OF YEAR PARTY!

The 4cs community of staff, volunteers and Board members came together at our annual end of year Party on December 17th 2014. It was a country hoedown and was a real hoot! There were games, performances, music, dancing, great food and even some yodelling! There's a lot to be said for community based Organisations ... we have a unique role in bringing the community together and having fun while we do it!!



LAKEMBA FAMILY & PARENTING SUPPORT

We are pleased to continue the partnership with Canterbury Earlwood Caring Association again in 2015! Social Worker and Child and Family Worker Samantha Fieldes is available at the 4cs every Tuesday to provide free support for families with children 0 – 12 years living in the Canterbury LGA.

Would you like someone to talk to about

- Parenting or relationship concerns
- Your child's development
- Help with Government Agencies
- Getting help from other services

To book an appointment to see Sam call the Centre on 9750 9344



Parenting Workshops

Sam will also be running three free workshops – all are located at The Cottage 28 Croydon St Lakemba. Phone 9750 9344 to book one or all workshops. Childminding is available.

Communication & Your Children (toddlers & pre-schoolers) – Tuesday 17th February 2015, 10am to 12pm

This session will help you to understand how young children express their emotions and typical communication traps that we fall into when trying to talk with and understand them. Learn new ways of speaking and engaging with your children and feel more positive about how you communicate.

Behaviour Management & Boundaries (toddlers & pre-schoolers) – Tuesday 3rd March 2015, 10am to 12pm

This session will explore some of the most common problem behaviours that we experience with toddlers and pre-schoolers. Learn how to notice early signs of problem behaviour and manage it by putting boundaries in place to encourage your children to make better choices and understand natural consequences.

Health & Nutrition with Children – Tuesday 17th March 2015, 10am to 12pm

This session will look at the recommended dietary requirements for toddlers and pre-schoolers and discuss how we can help our children to eat a balanced diet to encourage healthy development. Typical behaviours displayed by children around food will be discussed and some suggestions to overcome resistance and ensure a healthy diet will be explored.

Healthy Relationships With self and others



Refresh your skills to:

- Develop self confidence
- Nurture your strengths
- Recognise healthy and unhealthy relationships
- Set boundaries and learn how to say 'no' when you want to



Date: Mondays 23rd Feb to 30th March (6 weeks) 2015

Time: 10.00am to 12.30pm

Location: The cottage 28 Croydon st, Lakemba

Facilitator: Sharon Todd, Leichhardt Womens Health Centre

Cost: FREE with morning tea

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



Canterbury City
Community Centre
Community Building Community



Leichhardt Women's
COMMUNITY HEALTH CENTRE



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

JANUARY 2015

Lakemba Ladies Lounge
is closed for the
School Holidays
during January

Have a safe and
Happy holiday.

FEBRUARY 2015

Welcome Lunch

Bring a plate to share and
help us plan activities for this
years' Ladies Lounge.
Thursday 5th February
9.30am – 12.00pm

Healthy Lunch Ideas

Make healthy & yummy
sandwiches with Salai &
Fathima
Thursday 12th February
9.30am – 12.00pm

Healthy Lunch Ideas

Learn different types of
Salads with Salai &
Fathima
Thursday 19th February
9.30am – 12.00pm

Healthy Lunch Ideas

Make delicious wraps
With Salai & Fathima
Thursday 26th February
9.30am – 12.00pm

MARCH 2015

International Women's Day

Come Celebrate
International Women's Day

Thursday 5th March
9.30am – 12pm

Intensive Sewing

Measure & Cut your own
Top with Jubaida
(Bring your own fabric &
measurements)
Thursday 12th March
9.30am – 12.00pm

Intensive Sewing

Cut & stitch different
Neckline with Jubaida
Thursday 19th March
9.30am – 12.30pm

Intensive Sewing

Finish your top ☺
with Jubaida
Thursday 26th March
9.30am – 12.30pm



Canterbury City
Community Centre

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

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 4th February 2015

Canterbury City Community Centre

'The Cottage' 28 Croydon St, Lakemba

This class will be held every Wednesday from 12.30 - 2.00pm for 9 weeks, finishing Wednesday 1st April 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.



Confidence Building & Assertiveness for Women

When

This Class is for
3 Weeks
10.00am-12.00pm
Wednesdays
4th, 11th & 18th
February 2015

Where

The Cottage -
Canterbury City
Community Centre
28 Croydon St,
Lakemba

Cost

Free

Child Minding
Provided but must be
booked prior

For bookings and
enquiries call
Romana or Kate on
9750-9344

or
Send an email to
lnc@4cs.org.au

Website:
www.4cs.org.au



This workshop is for women who wish to build their confidence, self esteem and be more assertive.

- Learn new ideas and strategies such as positive self talk, self-care and visualization.
- Practice being assertive in a range of situations.

Due to the course structure and content numbers are limited to 12.



**Canterbury City
Community Centre**
Community Building Community

This course is made possible with funding from the Community Relations Commission.

Strategic Planning Day 2015 – 2018

The Centre will be closed on Monday 23rd February 2015 while we undertake our 2015 – 2018 Planning Day.

This is an important day for the Centre where staff and Board share our ideas for the Centre and formulate a common vision,



celebrate our successes and plan for the future. The result will be our Strategic Plan for the next three years. Leading up to the Planning Day we will be seeking feedback from stakeholders and collating the results of client and volunteer surveys



Learning English

A DIRECTORY OF ENGLISH
LEARNING COURSES IN THE CANTERBURY
LOCAL GOVERNMENT AREA

Our popular Canterbury English Class directory is currently being updated for 2015! The 2015 edition is due out by the end of January.

It will be available in hard copy by calling in at the Centre or phoning to have your copy posted out ... it will also be available as a download from our website www.4cs.org.au/publications

The Directory contains information on a wide range of classes from TAFE and AMEP, to online learning and classes held within the community.

We are always looking for new information on additional classes so email us with any updates to Liz at ceo@4cs.org.au.



Garden Care is always on the look out for volunteers! You can help us to convert gardens so they become easy care ... restore a much loved garden and help our seniors remain living in their own homes!

Volunteering with Garden Care can be for a few hours a week or a month and on teams that work from Monday through to Saturday. It's a good way to get some exercise and to meet some great people. All skill levels catered for and tools and training provided. Contact Juliet on 9750 9344 or gardencare@4cs.org.au to find out more!

Thanks to volunteers Jenny and William for sharing their story with us.

Volunteer Profile – Jenny & William

How long have you been friends?

Wang ShiCheng (William) and I have been friends for over three years. I met him as a neighbour living in the next block.

How did you get involved with Garden Care?

The thought of joining Garden Care did not cross my mind. I have two daughters, one who is in high school while the other is in university so I just considered myself to be just an ordinary mother.

However, I really enjoyed gardening as I spent my weekends in the garden, gardening. I also thought that since I'm at a disadvantage and not up to date with technology, I needed to find something that I enjoyed doing. That's when the thought of volunteering for work crossed my mind. I did not know what to pick at first but when I saw gardening on the list of options, I put that down.

When I joined Garden Care, I was amazed and inspired by the other talented individuals who were part of the Garden Care team. Not only did they have amazing gardening skills, they had fun, upbeat personalities which was infectious in a good way.

Feeling tired from the first day, I reflected back on how the gardening was and I was happy. I was eager for the next gardening session to happen. I've learnt many skills from Gardening which I've never tried out before as I was afraid of injuries.

After a few weeks, seeing that I really enjoyed this, I thought of bringing Wang ShiCheng (William) along.

He doesn't do much in the day however he too enjoys gardening. He speaks very limited amount of English but that didn't stop him from being part of the Garden Care team and sharing the spirit of fostering a love for volunteering, giving back to the community and being in nature. He really enjoyed Garden Care and believed that this is what he was longing to do, so he is very grateful for being able to join such a great nurturing team at Garden Care.

What do you both like about volunteering with Garden Care?

Garden Care is so much fun. It relaxes the mind and takes away all your troubles of everyday life when you are surrounded by plants. It helps us to get back to nature and connect with it. Its reinvigorating to the spirit! The members of the group are bright, optimistic people who are really dedicated to gardening and volunteering. They really care about how our world is by gardening. William has been able to understand a bit more of English thanks to Garden Care.

Is there anything else you want to say?

I just wish the thought of joining Garden Care came to me earlier. It's an amazing experience in which we can cherish memories forever. It's great for any age group too and for anyone, regardless of their years of experience with gardening or their skills. The members are also caring and skilful people. There are many awesome things that Garden Care do for our community.

We will definitely continue on gardening!

Inner West Social Connections

Get more out of life!

4cs newest program – Inner West Social Connections is well underway with the first group outings being conducted in November.

A group of new Social Support clients went out in the 4cs bus to go on a Shopping expedition to Birkenhead Point Shopping Centre. The location is absolutely gorgeous, overlooking the Parramatta River, with views to Balmain. The clients enjoyed morning tea, a browse around the shops and then a leisurely lunch getting to know each other.

More group outings and activities are planned for 2015.



Proposed 2015 Inner West Social Connection Groups:

In the new year, Inner West Social Connections would like to start up some regular groups. In 2014 the "Knitting From the Heart" was previously run by our Community Development team, but the funding to run the group had finished, so Inner West Social Connections would like to continue the group in 2015. The only catch is that participating clients need to be 65 and over ... anyone younger can volunteer. If you are interested in either participating in the group or to volunteer to assist run the group and knit, please contact Leanne – Social Support Coordinator on 9750 9344.

Other proposed groups for people 65+ that may run throughout the year on a regular basis could be:

Garden Appreciation Group. For those people 65+ who love gardens and would like to go on outings to look at public gardens, garden centres, have guest speakers etc.

Movie Lovers – to watch a movie once a month with friends and enjoy a luncheon.



Men's outings – For men who would like to meet other men in the community to go on outings or have guest speakers.

Food Appreciation – Go out dining at different types of cuisine once a month.

Transport is provided and a small fee applies. Please register your interest or offer group activity ideas to Leanne, Social Support Coordinator on 9750 9344.

More group outings and activities are planned for 2015.

YOUR NEW YEAR'S RESOLUTION FOR 2015.... BECOME A VOLUNTEER!!



The idea of New Year's Resolutions dates back to ancient times. Ancient Babylonians made promises to their gods at the start of each year that they would return borrowed objects and pay their debts; the Romans began each year by making promises to the god Janus, for whom January is named; and in Medieval times the knights took the "peacock vow" at the end of the Christmas season each year, to re-affirm their commitment to chivalry. The practice continues into modern times. The source of all knowledge, Wikipedia, asserts that at the start of the 21st century about 40% of adults formed New Year's Resolutions.

Usually people make resolutions to do something good for themselves – like exercise more, eat healthier foods or give up smoking; or good for others – like donating to charity or being more tolerant. By making it your New Year's Resolution to Volunteer, you are ticking both of these boxes.

Volunteering has undeniable benefits for the community, including:

- Bringing people together
- Supporting families, children, young people & elderly people
- Beautifying the environment

But volunteering also has great benefits for the individual. Much research has been done, both in Australia and overseas, to indicate that volunteering has a positive impact on the individuals well-being in a number of ways:

Volunteering connects you to others – it can be a great way to make new friends and contacts & strengthen your ties to a community. This can be particularly important if you are new to an area or are older and socially isolated.

Volunteering is good for your mind & body – volunteering can provide a healthy boost to your self-confidence, self-esteem & life satisfaction. You are doing something good for others & the community, which provides a sense of accomplishment. Volunteering can also help to combat depression by keeping you in regular contact with others & helping to develop a social support network. Your physical health also benefits from involvement in volunteer work – whether young or old. Studies have found that those who volunteer have a lower mortality rate than those who don't, even when considering factors like the health of the participants. Volunteering has also been shown to lessen symptoms of chronic pain and heart disease.

Research by the London School of Economics found that volunteers were "happier" than non-volunteers!

Volunteering can advance your career by giving you experience in the field & to practice important skills used in the workplace such as teamwork, communication and problem-solving. It is also a great way to gain experience in a new field.

Many volunteering opportunities also provide extensive training.

Volunteering can also help you build upon the skills you already have and use them to benefit the greater community.

There are so many opportunities once you decide to take the step into volunteering work. Be guided by your passions and interests, as well as your goals. First ask yourself what you want to achieve by volunteering, for example:

- ... try something new
- ... to make it better around where you live
- ... to meet people with common interests
- ... to gain local experience that might help you get a paid position
- ... to do more with your hobbies, interests & skills

Once you have made the big decision to make volunteering a part of your life, STARS can assist you in finding a position that will be the best fit for you. The STARS Recruitment Officer has an extensive knowledge of local, and not so local, services, and what they are looking for in a volunteer. She can help you find the perfect position for you. STARS also have a fantastic calendar of free learning and development opportunities that are available to volunteers.

So make volunteering your goal for 2015 by calling STARS on 9750 9344.

CELEBRATING INTERNATIONAL VOLUNTEERS DAY 2014



Marrickville Library was the setting for CELEBRATING this year's International Volunteers Day. STARS held an information stall in partnership with Inner West Social Connections another 4CS program. Information on volunteering was given out as well as a yummy chocolate bar, and customised book mark to celebrate the day.

Many thanks to Sue Pace (Adult and Seniors Librarian), who supported us in organising and hosting the event.

International Volunteers Day recognizes the commitment of all volunteers, and applauds hundreds of millions of people who volunteer to make change happen
<http://www.unv.org.au>

FocusGroup

An important aspect of STARS' work is responding to the needs of local services. It is vital that the training sessions that we offer, as well as our volunteer recruitment & matching service, reflects the needs that are out there in the sector.

STARS is constantly seeking feedback from volunteers & staff, including direct care staff, coordinators and managers, in the form of questionnaires, surveys as well as agency visits. To this end, we recently held a Focus Group for providers in the Newtown / Marrickville areas at the central Café Newtown.

We asked attendees a range of questions, including how they rated STARS' performance; improvements or changes STARS could implement; Training Needs of their volunteers and staff; how STARS can better assist with their Volunteer Recruitment needs; and STARS' role in recognition and promotion of volunteering.

A productive discussion followed, that will greatly assist the STARS team to set its directions for 2015. One provider commented: "... they (STARS) are the only organisation which is willing to provide specialised training, out of work hours, for my volunteers. Their program is very diverse and relevant."

The STARS Team really appreciates service providers taking time out to meet with us and provide us with the information we need to be a responsive & relevant service. Some of the innovative ideas put forward for 2015 & beyond, include:

Panel Discussions / Hypotheticals

Across Area Volunteer Forums

Lunch 'n' Learn events

Watch this space!

VOLUNTEERS COORDINATORS' FORUM

November 5 each year is – International Day in Recognition of Volunteer Managers, a day set aside to recognise the vital work done by Volunteer Managers & Coordinators. To mark this occasion, STARS, in collaboration with its partners in the Southern Sydney Connection (VAST & 3 Bridges Community) held a joint Volunteer Coordinators Forum.

62 people attended from across Sydney to hear lawyer Liz Morgan's presentation on "Legal Issues for Volunteer Management".

Liz, from Justice Connect, covered issues including:

- Having the correct documentation on volunteers
- Best practice in recruitment & orientation
- When is a volunteer not a volunteer
- Risk assessment

At the end of the session participants were better equipped to identify legal "hotspots"; understand the law in NSW around volunteering; and recognise how policies can assist organisations to be compliant with the law and protect volunteers.

It was also an opportunity for volunteer coordinators and managers to meet each other, network and just enjoy each other's company over lunch.

Feedback on the forum was excellent. One comment was: "The whole course was fantastic – one of the best I've been to and a fabulous trainer."

Many people indicated they would like more ... and the good news is that Liz has been booked in for 2015 to run some training for STARS on Legal Issues in Home Visiting.





WANT TO HELP the mental health of your community?

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

This 12-hour Mental Health First Aid course teaches members of the public 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, 2 and 9 March 2015, 9.30am - 4.30pm
Cost: FREE for HACC volunteers, \$25 non HACC volunteers, \$50 staff
Facilitators: Henry Lim and Wei Jiang (Health Promotion Officers, South Western Sydney & Sydney Local Health Districts NSW Health)

If you are interested in attending please contact:
 Deb Helmrich, STARS. Phone: 9750 9344 Email: starstraining@4cs.org.au
 Numbers are limited so please enrol by 13 February 2015
 STARS is an activity of Canterbury City Community Centre

For further information on
 the Mental Health First Aid
 Training and Research Program,
 please visit our website at
www.mhfa.com.au

www.mhfa.com.au

• DEPRESSION • ANXIETY • PSYCHOSIS • SUBSTANCE MISUSE •
 • SUICIDAL THOUGHTS & BEHAVIOURS • NON-SUICIDAL SELF-INJURY • PANIC ATTACKS • AGGRESSION •



Person Centred Approaches for Social Support Volunteers

This practical course will explore person centred tools which can be used within a social support setting.

Learning Outcomes Include:

- What do we mean by the Person Centred Approach?
- Why is this approach important in your role?
- How can it be implemented within Social Support?
- Learn through practical activities various Person Centred Tools

Cost: FREE for HACC volunteers
\$20 non HACC volunteers
\$50 staff

Where: Rozelle Neighbourhood Centre
 665A Darling Street
 Rozelle

When: Monday 16 February 2015

Time: 6.00pm - 8.00pm



Bookings Essential

For more information, or to register, please contact the STARS team on
02 9750 9344
 or starstraining@4cs.org.au



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



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

Apply First Aid (2 day accredited course)

(Previously known as Senior First Aid)
 Training by MEDILIFE



Where:
 The Carrington Centre
 2 Carrington Square
 Campsie

When:
 Tuesday 25 and Wednesday 26
 February 2015

Time:
 9.30am-5.00pm Tuesday 25th
 9.30am-3.00pm Wednesday 26th

Cost:
 \$70 HACC volunteers,
 \$100 non HACC volunteers,
 \$145 staff

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

STARS is an activity of
 Canterbury City Community
 Centre

Website:
www.4cs.org.au



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



presents...



VOLUNTEERING ESSENTIALS

For Community Care Volunteers

This session will introduce topics relevant to community volunteers

Learning Outcomes include:

- Your rights and responsibilities as a volunteer
- Work, Health & Safety for Volunteers
- Home Care Standards
- Duty of Care
- Disability Standards
- Communicating effectively
- Maintaining Professional Boundaries

Where: Marrickville Town Hall Meeting Room
 Cnr Petersham Rd & Marrickville Rd
 Marrickville

When: Thursday 19 February 2015

Time: 9.30am-1.30pm

Cost: FREE



For more information, or to register, please contact the STARS team on

02 9750 9344

or starsrecruitment@4cs.org.au



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

SEE Belmore Preparing for Work (Intensive)

The course is suitable for clients from both English and non-English speaking backgrounds, including Aboriginal and Torres Strait Islanders and Early School Leavers. Clients must be eligible for the SEE program to commence study in the course.

Outcomes:

Teaching will cover the following areas:

- Computer literacy (word processing, emails, internet job search and online job applications)
- Identifying pathways to employment
- Job seeking strategies
- Resume and cover letter writing
- Job interview techniques including mock interviews
- Presentation and confidence
- WHS unit- BSBWHS201A Contribute to Health and Safety of Others
- Basic workplace communication

Location:

Canterbury City
Community Centre
130 Railway Pde, Lakemba

Study Mode:

10 hours per week for 9 weeks (2/2/2015 - 1/4/2015)
9:00am to 2.30pm on Mondays and Wednesdays

Referral Process:

Please phone the MTC Australia Customer Service team on [1300 981 901](tel:1300981901) and inform us that the referral is for the SEE Belmore Preparing for Work Intensive Course.

ENVIRONMENT@ LAKEMBA



Environment@Lakemba is a group of local residents working together to reduce litter in Lakemba and make it a more attractive and healthy place to live. The group is supported by Canterbury City Community Centre and Canterbury City Council.

This year we are focusing our activities on a small stretch of Railway Parade between Haldon St and Jubilee Reserve. We hope to work together with local businesses and the community to reduce litter in this area.

During 2014, Environment@Lakemba were involved in developing some campaign posters to reduce littering, designing signs to discourage people from feeding the pigeons and several clean up days along the Boulevard. Canterbury City Council with a grant from EPA were also able to install more cigarette bins in the Boulevard and are looking at creating a mural with young people at the Library.

If you would like to get involved please come to our next meeting where we will be planning a range of initiatives and activities for this space.

Everyone is welcome

The next meeting...

5.30pm – 7.30pm Wednesday 18th February 2015

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.

 **City of Canterbury**
City of Cultural Diversity

Clean Up Australia Day

**Get Involved
&
Clean up LAKEMBA**



Clean Up Australia Day 2015

Australia's biggest community participation event
Join Environment@Lakemba and together we can clean up
some of the rubbish hotspots in the local area.

WHEN: Sunday, 1st March 2015
WHERE: Haldon St Lakemba
MEET: Jubilee Reserve, Railway Parade, Lakemba.
TIME: 10am—12pm
WHO: Everyone is welcome - friends, family, kids,
community groups, businesses
LUNCH: Free BBQ
RSVP: to CCCC on 9750 9344

 **Canterbury City
Community Centre**
Community Building Community

CENTRE BASED DAY CARE PROGRAM

The last year was a very enjoyable year for the 4cs Friendship group with outings, special days and our weekly get together enjoyed by Canterbury Seniors. The group meets each Thursday and is well supported by a team of friendly and hardworking volunteers. We've been busy planning for 2015 with some amazing events and outings for the new year, and some interesting speakers. Come and

join us for some fun and above all to meet some new friends and be part of the local community.

The Tuesday Social and Activities Group have had a very interesting first year, and have developed great skills in card making, flower arranging, oil painting and basic computers Our Art Show with UnitingCare Disability in November was a big success and enjoyed by all.

Shed Mates also meets on a Tuesday with a focus on social activities and light wood working and craft for older men.

Eligibility for any of the groups is to be 65 years and over and resident in the Canterbury Local Government area. Contact Rosanna on 9750 9344 to find out more!



Michelle

The Lakemba Community Garden is thriving at the moment. Head on down and have a look at what summer produce is growing. If you are interested in helping out with the garden, please come down to one of our working bees. All are welcome. If you are interested in having a plot please call the Centre on 9750 9344. Priority is given to people who live within walking distance from the garden and to people who live in apartments.

The Lakemba Community Garden has had a busy few months with a few new gardeners joining us. Big welcome to Michelle and Vidya in plot 26, Cuc in plot 24, Mary in plot 19 and Kim in plot 14. We are excited to see what you will grow and to share community with you.

Here are some lovely snippets from a conversation with new plot holder Michelle, about why she joined the garden and what she gets out of it:

Every day when I am watering the garden I feel so happy because I can show my own Indian crops. For example Rosella, which is Indian Spinach. I think you do not know it but most Indian people love it! I just want to see the rosella plant. I want to share it with people who love it and introduce it to people who don't know it yet so they can taste it.

Because we are not using any fertilisers it is natural and organic. And it is SO TASTY! When I cook it my daughter asks me if I put any ghee because it tastes so soft and buttery!

There are so many millions of plants in the world, cooking is a good way of knowing them. But actually, more than harvesting vegetables, my main intention is to see and enjoy the way all different types of plants are growing.

After going to the first working bee I realised what the name meant! Like bees fly all over the garden, so do plot holders! We fly all over the garden doing whatever work we can. We pollinate community!

Thanks to Michelle for the conversation about the garden. Michelle and her husband Vidya are 2 of those special 4C's people who are involved with a couple of different programs. Michelle and Vidya also volunteer with Garden Care on Tuesdays and Thursdays!

Thank you so much!



lakemba COMMUNITY GARDEN

SowWhat ...When

Vegetables to grow in January, February and March

Amaranth , Asian greens, Beans, climbing and dwarf , Beetroot , Broccoli, Brussel Sprouts, Cabbage , Carrot , Chives, Choko, Kale , Leek , Lettuce , Mustard greens , Pak Choy , Parsley, Radish, Shallots, Silverbeet, Spinach , Squash , Sunflowers , Sweet Corn, Tatsoi



Working Bees

9 am – 11.30 am Saturday
17th January 2015

9 am – 11.30 am Saturday
21st February 2015

9 am – 11.30 am Saturday

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!

Steering Committee

The 2014/15 Community Garden Steering Committee is comprised of gardeners and FROGS Annette B, Sylvia, Jeanette, Sundari and Mary with 4cs staff Yul and Liz providing some admin and organising support.

The next Steering Committee meeting will be held on Thursday 12th February 2015 at 6pm ... please raise any issues you want discussed with Steering Committee members or Liz or Yul.

CANTERBURY MEN'S SHED

The Men's Shed finished 2014 in fine style!

The annual Toy and Craft Sale on 29th November 2014 raised almost \$3500, which may be a new record and further evidence of all the great work the guys do.

We had people lining up at the door before we opened and numbers were pretty steady throughout the whole day. There were some items left over, but we were still selling bits and pieces before we closed on 19th December 2014.

Again, everyone worked hard to make it a successful day, with the "barbie" out the back and kids adoring all the toys, there was a very relaxed and friendly atmosphere throughout the place.

There is also some discussion about having a mid-year sale in 2015, with some members already planning what they're going to make... so stay posted.

On 18th December, we had our end of year lunch at Campsie South Bowling Club, with around 30 members and some wives coming along. It was a great opportunity to kick back and celebrate a successful year before we return in early January to start the New Year.

In October, we started opening on Mondays, which has gone well....it's hard to keep some of the guys away!

We'll open again on 12th January 2015 and we've already been approached by Canterbury and Croydon Park Public schools to do some projects for their community gardens.

We hope everyone had a good Christmas and New Year and had a chance to have a break.

Thanks to everyone who supported us in 2014. We hope to see you again in 2015.

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

Hopefully we'll see some new faces at the Shed over the next couple of months.



Community Bike Shed



The Community Bike Shed meets on the 1st and 3rd Saturday of each month at the Canterbury Men's Shed, 109 Clissold Parade, Campsie.

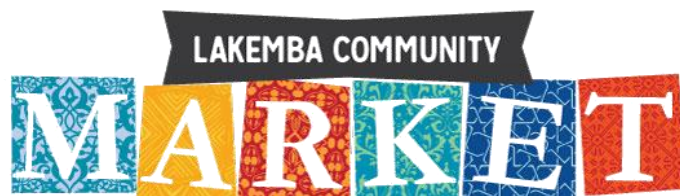
We meet between 9am and 12pm.

Upcoming Dates are: 3 and 17 January 2015, 7 and 21 February 2015, 7 and 21 March 2015

The Canterbury Bike Shed has over the last few years placed scores of restored bicycles into the hands of the disadvantaged in our community. This has helped reduce landfill with positive outcomes for the environment. The numbers of Bike Shed members have also steadily increased. There is however still vacancies for volunteer mechanics as we embark on expanding the Bike Shed project further into a repair cafe. No prior skill is needed ... just an interest in learning and restoring bikes for use by others in the community.

For more information on becoming a volunteer mechanic contact Jegan Nadeson on 9750 9344/9789 2710 or email communitybikeshed@4cs.org.au.

Alternatively please visit our website www.4cs.org.au.



EVERY SATURDAY 10AM – 4PM (STARTING 21ST MARCH 2015)

JUBILEE RESERVE, RAILWAY PARADE LAKEMBA

Starting on the 21st March 2015 to celebrate Community Harmony Day! The Lakemba Community Markets are an initiative of the 4cs to encourage the community to come together, build community capacity and raise funds for the Centre, with all profits going back to the Centre to run community activities and programs.

The Market will reflect the diversity of Lakemba, selling products from around the world and include a range of stall holders selling new and second-hand goods, food and services. It will be a place where people can wander through the stalls, enjoy delicious food and come together in the beautiful surrounds of Jubilee Reserve. Stallholder priority will be given to residents of Lakemba and the Canterbury LGA but other stallholders are welcome to apply.



INTERESTED IN HAVING A STALL...

Applications for stall holders will open on Monday 16th February 2015. An Application form and Terms and Conditions form can be obtained from the website www.4cs.org.au, calling the Centre on 9750 9344 or emailing markets@4cs.org.au. To make sure there is a diversity of stalls, applications will be assessed by a panel, successful stallholders will be contacted 3 weeks prior to the market starting.

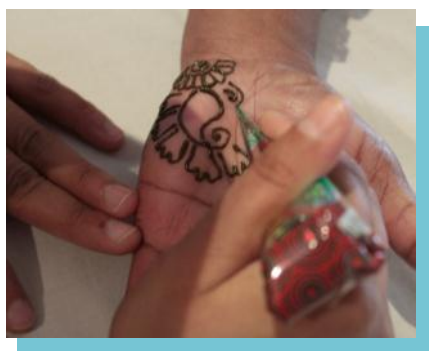
WORKSHOP-TIPS FOR STALLHOLDERS WITH COLLEEN MOUTSOS JURNI JEWELLERY

Colleen is a regular market stall holder and has created a successful business selling jewellery. Colleen will share her tips on everything you need to know to make your market stall a success.

Time: 1pm – 2.30pm

Date: Thursday 26th February 2015

Venue: The Cottage – 28 Croydon St Lakemba



MARKET VOLUNTEERS REQUIRED

Interested in joining a team of volunteers to help with the Market? If you can spare up to 3 hours on a Saturday once or twice a month we need volunteers for a variety of jobs including; setting up stalls, directing stallholders and providing information to the public. Call Kate or Romana for more information on 9750 9344 or come to our Market Volunteer Training and Information Day.

Time: 9.30am – 11.00am

Date: Saturday 21st February

Venue: The Cottage – 28 Croydon St Lakemba

* CELEBRATE *
* COMMUNITY *
* HARMONY DAY *
* AND THE START OF *

LAKEMBA COMMUNITY

MARKET

SHOP AROUND THE WORLD AT LAKEMBA

SATURDAY 21ST MARCH 2015

10AM – 4PM

*Free Entertainment
and Children's Activities*

JUBILEE RESERVE LAKEMBA

CNR OF RAILWAY PARADE AND BELLEVUE ST

FOR MORE INFORMATION PLEASE CONTACT
CANTERBURY CITY COMMUNITY CENTRE 9750 9344