

It's all go go go!

Over the last three months our Board has confirmed the final draft of the Centre's Strategic Plan 2015 - 18 and the key elements are reproduced on this page. We are very focussed on achieving the goals we set during the Planning process and were able to achieve 95% of priorities set in the last planning process. The Strategic Plan is developed with input from internal and external stakeholders and was formulated during a period of great uncertainty for our sector. Nevertheless ... it is a Plan that sets direction and achievable goals for the future.

Last week our Annual General Meeting was held at the Centre, our reports were presented and the Board for 2015/16 elected. Our thanks to retiring Board Members Lisa Evans and Bashir Sawalha for their input over the past year and thanks to all Board, staff and volunteers for a great year in difficult circumstances. Despite the change and uncertainty which undermines our Sector at present we were able to achieve significant

growth in funding, programmes, staffing and volunteer numbers, and the number of people engaged in various activities. Copies of the Annual Report can be obtained from the Centre or viewed on our website www.4cs.org.au.

The changes we are experiencing aren't all external! In the past two months our Shed Mates Programme has transitioned to become part of the Social Support Programme at the Centre – rather than sitting in the Centre Based Day Care Programme. The group will now be supported by Social Support Coordinator Leanne Kelleher rather than Jegan Nadeson – Jegan has run the group for three years and we thank him for his work during this time.

In the past few months we have also established a new partnership Outreach Service at the Centre with Southern Sydney Business Enterprise Centre who will be providing one on one advice for small business holders every second Tuesday.

Phone the Centre on 9750 9344 to book your appointment!

It is hard to believe that we are moving towards the end of another year at the 4cs. Always a busy time getting ready to have some time off! And plenty of parties to attend ... the Centre's end of year party for all staff, volunteers and Board will be held on Wednesday 9th December 2015 at 5.00 pm until 8.00 pm. The theme this year is a Rainbow Party ... celebrating diversity in all its shapes, colours and textures. Please keep the date free.

Liz Messih, CEO

End of Year Closure

The Centre will be closed for the holidays from 2pm on Wednesday 23rd December 2015 and we will re-open at 10 am on Monday 11th January 2016!

For those celebrating Christmas we wish you all the joy of the season... and we wish everyone a very Happy New Year!



Statement of Purpose

We connect individuals and communities to;

- . Develop and provide services responsive to community needs and individual choice
- . Promote harmony, social inclusion and an improved quality of life;
- . Build capacity, sustainability and resilience

Our Values

*Social Justice * Integrity * Accountability * Equity * Empowerment * Compassion*

Our Vision

A strong resilient community which values and includes each member

Our Motto

Community Building Community

What's been happening lately....

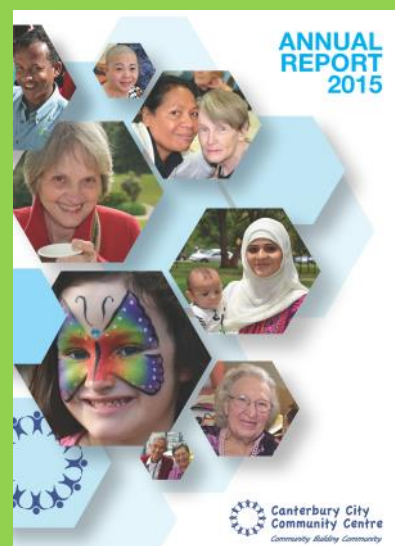
2015 Annual General Meeting

The 4cs AGM was held on 28th September and was well attended by Board, staff, Volunteers, members and supporters. It was great to welcome Canterbury Mayor, Brian Robson and our thanks to Returning Officer Tonny Birungi from Metro Assist. The Annual Report highlighted the activities of the past year, some challenges and plenty of successes.

Congratulations to incoming Board Members Meredyth Conn, Neta Yallop, Phil Schwenke, Jubaida Hossain, Janice Adam and Tonya Cook-Pedersen. There are still vacancies on the Board – if you are interested talk to a Board Member or to Liz or Gillian to find out what's involved.

Special mention to Eddy Quelch on receiving the STARS Training Award for 2015 in recognition of his outstanding commitment to learning and development. Well done Eddy!

Thanks to the outgoing 4cs Board and everyone involved in making 2014/15 such a successful year



Haldon Street Festival

Once again the Centre participated in the Haldon St Festival, in the Parade and on the Street. We had our I ♥ Lakemba tattoos available again this year ... plus some I ♥ Lakemba bags!! The Festival was another big success and congratulations to the City of Canterbury and the Organising committee for their work.

The Haldon St Festival and Campsie Food Festival will be held on alternate years from next year – so we hope to see you at the 2017 Haldon St Festival! We'll miss it next year.



Inner West Social Connections

Get more out of life!



Inner West Social Connections various outings and groups have been very busy over the past few months. Evergreen Garden Lovers have gone out to Vaucluse House & Watsons Bay, Ku-ring-gai Wildflower Garden St Ives, Bowral Tulip Festival and are planning in the next couple of months to go to the Camelia Gardens Caringbah, Chowder Bay Mosman and a Magical Mystery End of Year Trip! Our Social Connections group had a wonderful time celebrating Christmas in July at Gledsworth Homestead at Camden and our Knitting with Heart group went to Spotlight to stock up on supplies.



Shed Mates

Shed Mates is now a part of the Inner West Social Connections! Nothing has changed except that is now under the guidance of the Social Support Coordinator, Leanne Kelleher. It is still an active group of older men doing activities and projects at the Men's Shed with the support of volunteers as well as going on monthly outings. The fun and comradery at Shed Mates will still continue and get even better!



Knitting With Heart

Knitting with Heart is now on every Friday at The Cottage.

We have been working hard knitting and crocheting beanies, blankets and scarves which we are going to donate to the Exodus Foundation and MissionBeat.

Teddies and dolls are also being made for children's charities.

If you have any wool or yarn that you would like to donate, contact Leanne on 9750 9344.



Knitting With Heart



On 31st July, to raise awareness about White Ribbon campaign - Australia's only national, male led Campaign to end men's violence against women - we had a visit from Tony Burke, Federal member for Watson; Brian Robson, Mayor of Canterbury & representatives from Campsie Police and Belmore PCYC, to the Men's Shed for a BBQ.

It was a chance for Shed members and guests to meet and talk about working together to address local issues of concern.

In addition to hosting these VIPs, the men are getting prepared for the End of Year Sale on 28th November, which will hopefully be as successful as the Sales we've had in the last few years.

We've also had Laurie make about 100 wooden buttons for Canterbury Library's WWI Perpetual Poppies Project. This project involves inviting people to knit poppies to dedicate to a war veteran (of any war) who has lived or whose family lived in Canterbury City area.

The person creating the poppy can dedicate it to a relative or choose a veteran from the Canterbury's Boys publications which has the stories of 1,911 men and women who volunteered for service during WWI.

The poppies will be kept in the Library's Local History Collection and be displayed at other times throughout the year.

Just an example of the interesting local projects guys from the Men's Shed get involved in!

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



OPEN DAY TOY AND CRAFT SALE

Saturday 28th November 2015, 10am to 2pm
Canterbury Men's Shed
109 Clissold Parade, Campsie
9750 9344



Join us
for a
sausage
sizzle



Canterbury City
Community Centre
Community Building Community

An activity of Canterbury City Community Centre

MARKET

Make sure you pop into the market to enjoy the atmosphere, entertainment and great shopping. There are lots of stalls selling a variety of beautiful products including; clothing, jewellery, accessories, candles, gifts, food and second hand goods.

Look out for special events coming up at the market including:

FAMILY FUN DAY - Saturday 2nd October with FREE Magic Show and Children's Activities from 11am – 2pm.

LAKEMBA ENVIRONMENT DAY – Saturday 7th November – Celebration of all things green with Theatre Performance, Storytelling, Singing, Reverse Garbage Workshop for kids.

SUMMER CELEBRATION – Saturday 5th December, come celebrate Summer at the markets. Free Pony Rides and Performances.



Markets are on the 1st Saturday of the month



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)

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.

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

LAKEMBA ENVIRONMENT DAY -

Saturday 7th November

Together with the Community Garden come and enjoy this Free Family Event to promote

Lots of great stalls PLUS lots of FREE activities for the Family including: Storytime, Theatre Performance with the King and Queen of Green, Make your own insect mask, find out about growing your own vegies, composting and more.



Lakemba

July 2015

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 2015

Closed on Thursday
1st October

Laughter Workshop

Stress Less and have Fun!

With Maureen Nash

Thursday 8th October

10.00am-12.00pm

Cake decorating

with Iram

Thursday 15th October

9.30am-12.30pm

Cake decorating

with Iram

Thursday 22nd October

9.30am-12.30pm

Cake decorating

with Iram

Thursday 29th October

9.30am-12.30pm

November 2015

Simple Head Massage

with Pakinee

Thursday 5th November

9.30am - 12.30pm

Basic shoulder Massage

with Pakinee

Thursday 12th November

9.30am - 12.30pm

Simple Back Massage

with Pakinee

Thursday 19th November

9.30am - 12.30pm

Basic Foot Massage

with Pakinee

Thursday 26th November

9.30am - 12.30pm

December 2015

Origami Cards

with Ebtisam

Thursday 3rd December

9.30am - 12.30pm

End of the Year Party

Bring a plate to share in the
Park, Jubilee reserve, crn of
Railway pde and Bellevue ave,

Lakemba

Thursday 10th December

9.30am - 12.30pm

Lakemba Ladies Lounge
will be closed During
School holiday for 7
weeks. We will be back on
Thursday 4th February

FROM THE BOARD AND
STAFF OF CANTERBURY
CITY COMMUNITY CENTRE
HAVE A GREAT FESTIVE
SEASON & A VERY
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.

International Day of Volunteering - Special Event

This year STARS have a very special event planned for local volunteers, to celebrate International Day of Volunteering.

Volunteers from across the local areas of Canterbury, Leichhardt and Marrickville are invited to join us for a morning of **Self Care – How to Deal with Emotional Overload, Grief & Loss.**

Volunteers are continually giving to others, but what happens when that giving becomes too much? Having to deal with stressful situations, like the illness or death of a client, or finding it difficult to not become emotionally involved in their lives, can take its toll. It is important that volunteers consider their own needs and keep themselves well – both mentally and physically.

Victoria Spence, *Life Rites* Consultant, Facilitator and Civil Celebrant will assist volunteers with some strategies to help them continue to support clients while caring for their own wellbeing.

Yoga teacher Mary Lafferty will follow up with some "Chilled Yoga" – a very gentle yoga session as well as information about how practicing yoga can be beneficial to our minds and bodies.

The group will end the morning by enjoying a lunch together and the opportunity to talk to each other, or catch up with Victoria and Mary.

The event will be on Saturday 5th December (International Day of Volunteering), from 10:00 am to 1:00pm at Canterbury City Community Centre, 130 Railway Parade, Lakemba.

The event is completely FREE. All local volunteers are warmly invited to attend.

Please call STARS on 9750 9344 to book your place.



NSW Volunteer of the Year Awards 2015

On Wednesday 23rd September, the STARS team co-hosted the NSW Volunteer of the Year Awards 2015 (Inner West region) with our colleagues at Volunteer Network.

These annual Awards, run by the NSW Centre for Volunteering, promote and reward excellence in volunteering. They are an excellent opportunity to celebrate the amazing work done by volunteers in communities across the state.

To add to the excitement, our own Garden Care volunteers had been nominated in the Volunteer Team category and team member, Dennis, in the Individual Category.

The ceremony was held in the Burwood Library and volunteers were joined by local Mayors, MPs, VIPs, friends and family – and the volunteer nominees themselves.

This year there were 500 nominations in NSW, covering 7000 volunteers!

The overall winner in the Inner West Region was Jane Mehira, a volunteer with the One Stop Shop – a service of Newtown Neighbourhood Centre. The One Stop Shop supports people who are homeless, living with mental illness and people with complex needs by providing them with practical assistance.

We congratulate Jane and all the winners and nominees.



STARS Learning & Development Calendar Off to a Flying Start!

The new STARS Learning & Development Calendar has been well received with all five September workshops fully booked. Workshops included Low Risk Driving and refresher / assessments, Identifying and Responding to Elder Abuse, Provide First Aid and Understanding Work, Health & Safety Risks. 93 volunteers and staff have participated in training during this month alone!

23 volunteers and staff attended Understanding Work, Health & Safety Risks facilitated by Susan Smith, Project Manager, Disability Safe NSW. Disability Safe have some great E Learning modules, training and resources available on their website – <http://www.disabilitysafe.org.au/>

Disability Safe are facilitating a one day Work Health & Safety Committee training for volunteers and staff on Friday 13 November 2015 in Marrickville. The workshop is free of charge. To register please contact STARS on 9750 9344 or starstraining@4cs.org.au

October will be a busy learning and development month with the following workshops available:

- Case Note Writing and Documentation – 2 October
- Mental Health First Aid – 7 and 12 October
- Volunteer Essentials – 8 October
- CHSP, Home Care and Disability Standards – what volunteers need to know – 14 October
- Manual Handling – 19 October
- The Realities of the Person Centred Approach Forum – 20 October
- Let's Talk About the New Definition of Volunteering – 22 October
- Maintaining Boundaries with People from your own Cultural Background – 30 October

Get in quickly though, as STARS workshops are booking out

STARS Learning & Development Calendar 2015

OCT TO DEC

Get ready for CHSP with onsite training

Is your organisation ready for the introduction of the Commonwealth Home Support Program (CHSP)?

Did you know you can use your transitional funds to train your staff and volunteers to meet the challenges and requirement of the CHSP? STARS can support you with onsite training which includes training staff on how to apply restorative approaches

Contact STARS on 9750 9344 for further details

BOOKINGS ARE ESSENTIAL

FOR ALL COURSES on 9750 9344 or starstraining@4cs.org.au

TRAINING FEES

FREE for HACC volunteers, Board & Management Committee members, \$20 non-HACC volunteers, \$50.00 staff. A higher fee may be charged for specialised training provided by consultants.

Staff are welcome to attend volunteer training if a vacancy exists

STARS is an activity of Canterbury City Community Centre.

Website www.4cs.org.au

OCTOBER

Case Notes & Documentation

Lane Blume

Friday 2 October, 9.30am-4pm

Ethnic Community Services Cooperative Building 3, 142 Addison Road, Marrickville

Mental Health First Aid (MHFA)

Wei Jiang, Health Promotion Officer SLHD & Meg Bennett, Talis Training

Wednesday 7 and Monday 12 October, 9.30am-4.30pm

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

Volunteer Essentials

Donna Brunton

Thursday 8 October, 9.30am-1.30pm

Marrickville Town Hall, Meeting room, Cnr Marrickville and Petersham Roads, Marrickville

CHSP, Home Care & Disability Standards – what volunteers need to know

Deb Helmrich

Wednesday 14 October, 10am-1.30pm

Annandale Neighbourhood Centre Downstairs meeting room 79 Johnston Street, Annandale

Manual Handling for Social Support volunteers

Ann Adams-Karlík

Adams Therapy & Training

Monday 19 October, 9am-12.30pm

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

Manual Handling for Direct Care workers

Ann Adams-Karlík

Adams Therapy & Training

Monday 19 October

1pm-4.30pm

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

Let's Talk about the New Definition of Volunteering

Gemma Rygate

CEO The Centre for Volunteering

Thursday 22 October

2.30pm-4.30pm

The Terrace room Canterbury Bulldogs League Club 26 Bridge Road, Belmore

Maintaining Professional Boundaries with People from your own Cultural Background

Grace Leotta

Friday 30 October

9.30am-1pm

Ashbury Senior Citizens Centre 66 Princess Street, Ashbury

Enabling Inclusion for Clients with Intellectual Disability

Intellectual Disability Rights Service

Tuesday 3 November

10am – 1pm

The Cottage

28 Croydon Street, Lakemba

NOVEMBER

Meal Appeal

Gail Carroll

General Manager Network

Strategy & Services NSW

Meals on Wheels Association

Wednesday 4 November, 12.30pm-3pm

Tom Foster Community Centre 11-13 Darley Street, Newtown

Cultural Diversity

Bharat Rai

Inner West Multicultural Access

Project Ethnic Community

Services Cooperative

Monday 16 November, 10am- 1pm

Ethnic Community Services Cooperative Building 3, 142 Addison Road, Marrickville

Communication with Older Adults with Cognitive and other Impairments – Activity & Engagement in Dementia Care

Dr Deborah Koder

Senior Clinical Psychologist

SMHSOP & Lauren Parkinson Senior

OT Dementia Services SSWAHS

Tuesday 17 November, 10am – 1pm

Co As It - Siena room,

57 Norton Street, Leichhardt

LGBTI Aged Care training for Managers

Vicky Coumbe

Manager Funded Programs

& Training ACON

Tuesday 24 November

Co As It - Siena room

57 Norton Street, Leichhardt

Volunteer Forum

Self Care – how to deal with emotional overload, grief and loss.

Victoria Spence, Life Rites & Mary Lafferty, Gentle Yoga Teacher

Saturday 5 December

10am-1pm

Canterbury City Community Centre

130 Railway Parade Lakemba

SPECIAL EVENT

The Realities of the Person Centred Approach Celebrations, Conflicts and Challenges – A Panel Discussion & Workshop

Tuesday 20 October 10am-2pm

Debbie and Abbey Borga Centre (PCYC) Hall 1,

531 Illawarra Road, Marrickville

FREE ONLINE TRAINING

ACON are offering FREE online training on LGBTI Awareness – Call ACON on 9206 2000 or www.acon.org.au/lgbti-aged-care-training

STARS has a Facebook page

<https://www.facebook.com/STARS4cs>

Meal Appeal

When:
12.30pm-3pm
Wednesday
4 November 2015

Where:
Tom Foster Community
Centre
11-13 Darley Street
Newtown

Cost:
Free for CHSP/CCSP
volunteers
\$20 other volunteers
\$40 staff

Includes a delicious
Meals on Wheels
lunch

For bookings and
enquiries call STARS
on
9750-9344 or
starstraining@4cs.org.au
STARS is an activity of
Canterbury City Community
Centre Website:
www.4cs.org.au



Are you interested in creating a positive and fun day for your clients?

Do you want to impress your clients with your new food presentation skills? Or is it time to think about changing menu plans?

This course is designed to create excitement with planning your day, your menus and food presentation.

Facilitated by Gail Carroll, General Manager Network Strategy & Services, Meals on Wheels

Lets Talk About...

The New Definition of Volunteering

"Volunteering is time willingly given for the common good"

STARS in partnership with the Centre for Volunteering would like to invite you to attend an information session on the new definition presented by Gemma Rygate CEO.

The session will cover:

- The wider concept of the definition
- What is defined as NOT volunteering?
- What does this mean for the volunteer sector?

Where: The Terrace Room, Canterbury Bulldogs League Club,
26 Bridge Rd, Belmore

When: 22 October 2015

Time: 2-4pm Followed by Afternoon Tea

Cost: Free

BOOKINGS ESSENTIAL

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

02 9750 9344 or starstraining@4cs.org.au

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

Interested in Volunteering?

Come along to the Volunteer Information Sessions at
Leichhardt Library

Find out more about

- Important points to consider before you volunteer
- Volunteer recruitment and registration
- Volunteer rights and responsibilities
- Types of volunteer positions

Also the opportunity to register and assist you to find a volunteer position based on your skills and interests

Facilitated by STARS Volunteer Recruitment and Training Officer Donna Brunton, Leanne Kelleher Social Support Coordinator

'Volunteers are not paid ... not because they are worthless, but because they are priceless' Sherry Anderson

Where: Meeting Room, Leichhardt Library
23 Norton Street, Leichhardt

When: 13 October 2015

Time: 4.00pm - 6.00pm

Cost: FREE



Supported by Leichhardt Council

For more information contact STARS 9750 9344 or starsrecruitment@4cs.org.au

Enabling Inclusion for Clients with an Intellectual Disability

When:

3 November 2015

10.00am-1.00pm

Where:

The Cottage
28 Croydon Street
Lakemba

Cost:

FREE for
CHSP/CCSP
volunteers

\$20 non
CHSP/CCSP
volunteers
\$50 staff

Bookings Essential

For bookings and
enquiries call

97509344 or email
starstraining
@4cs.org.au

Learning Outcomes:

What do we mean by inclusion?

Why is it important within the disability sector?

What are the barriers to adopting an inclusive approach?

How does inclusion relate to Person Centred Planning?

Learn about the practical tools when working with clients to ensure inclusive practices

Facilitator:

The Intellectual Disability Rights Service (IDRS) is a disability advocacy service and community legal centre in NSW. IDRS provides rights based training and peer support groups for people with intellectual disability





City of Canterbury
City of Cultural Diversity

The City of Canterbury proudly presents

Canterbury Cares

Mental Health & Wellbeing Campaign
October 2015

Community Bike Shed Open Day



Saturday 17 October 2015



Community Bike Shed (at rear of 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.



9.00 am - 12.00 noon



on 9750 9344 or communitybikeshed@4cs.org.au



Canterbury City Community Centre



No bookings required

Please phone the relevant event contact if you have any dietary or access requirements.

For more details phone the City of Canterbury on **9789 9300** or visit www.canterbury.nsw.gov.au

ARE YOU A MIGRANT OR REFUGEE CURRENTLY LOOKING
FOR WORK?

DO YOU WANT TO IMPROVE YOUR JOB SEEKING SKILLS?

SkillME

THEN COME ALONG TO OUR FRIENDLY DISCUSSIONS & GAIN
INSIGHT & SUPPORT FROM OUR PRESENTERS & PARTICIPANTS!

WHEN: WED 28 OCT. 2015, 9:30 am – 1:00 pm

WHERE: Canterbury City Community Centre
28 CROYDON ST LAKEMBA

WRITING RESUME
JOB APPLICATIONS
JOB INTERVIEW SKILLS

For more information & booking please contact
Kate: 9750 9344 or Maissa: 9789 3744

Childcare provided please book prior

These workshops will be run monthly until the end of 2015. Check our website
www.metroassist.org.au for event updates.

SkillME is a three-year project funded by NSW Government through Multicultural NSW to assist migrants
with skills and qualifications in their training and career pathways.



Help for Your Business

Would you like to talk to a FREE expert
business advisor?

If you are an existing business you are entitled to 2 x FREE
business advice sessions fully funded by the NSW Government.



With the BEC Business Advisor you will receive:

- Objective advice on your business – if new, its feasibility; if established, its challenges
- Tangible goals to work towards
- Step-by-step advice to overcome problems
- Ways to improve your brand and marketing strategy
- Information on tools and opportunities to build your business
- Follow up referrals and/or introductions



Book your 90 minute appointment now!!

Where: Canterbury City Community Centre
130 Railway Parade Lakemba

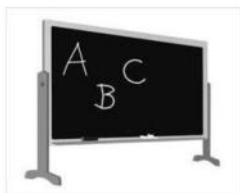
Dates: 13 & 27 October, 10 & 24 November

Bookings: For more Information or to book please
call the Centre on 9750 9344.



Community Building Community

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 - 2.00 pm

Weekly Class

Starts Wednesday 7th October 2015

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



1972-2012 Celebrating 40 years of Service to the Community

FREE Workshop for Parents

For Parents with Children aged 2 to 8 years

Communication and Your Child/ Children

This session will help you to:

- Understand how young children express their emotions
- Learn new ways of speaking and engaging with your child
- Feel more positive about how you communicate.



| | |
|-------------|---|
| WHERE | The Cottage 28 Croydon St Lakemba |
| TIME | 10am till 12:00 noon |
| Date | Tuesday 20 th October |
| FACILITATOR | Samantha Fieldes - Social Worker; Child & Family Worker, Canterbury Earlwood Caring Association |
| TO BOOK | Phone Sam on 9559 4013 OR Romana on 9750 9344 |
| FREE | Childminding is available but must be booked in advance. |



Women's Free Health Day

Date: Monday 19th October 2015
Time: 9.30am – 2.30pm.



For Women Aged 40-74

This day will include:

Mammogram - Breast X-ray

LUNCH

INFORMATION SESSION ON MENOPAUSE

All of this for FREE!

To book your place please contact Canterbury City
Community Centre on 9750 9344

Preference given to women who have not had a mammogram before or have not had one in the last 2 years.
Transport to the BreastScreen Van leaves from 28 Croydon St Lakemba at 9.30am and returns at 2.30pm.



Share a Laugh

Laughter Workshop for Women

Can laughter *really* be good for your health?



Scientific research proves that the answer is a definite YES!

Date: Thursday 8th October 2015

Time: 10.00 am – 12 noon

Where: The Cottage – 28 Croydon St Lakemba

Facilitator: Maureen Nash, Path of Happiness

Cost: FREE

Child Minding: Provided, please book in advance.

Bookings: To book your place or for more information please call Canterbury City Community Centre on 9750 9344.



Breathing for Happy Living



This class will help you feel good, be less stressed, have energy, sleep better and feel more relaxed.

Dates: Mondays—26 October to 30 November

Time: 10:00am to 12:30pm

Location: The Cottage
28 Croydon Street, Lakemba

Facilitator: Lindsay from Leichhardt Women's Health Centre

Cost: Free, morning tea provided

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



For more information or to book please call
Romana or Kate on Please call 9750 9344





Garden Care

canterbury • leichhardt • marrickville

Garden Care staff and volunteers had a great day out visiting the Independent Living Centre at Bankstown with our colleagues from Inner West Neighbourhood Aid. We were taken on a tour of the Centre and were given an opportunity to test out a lot of the equipment on display that enable older people and people with disability to remain in their own homes.

Garden Care volunteers were well represented at the NSW Volunteer of the Year Awards – Sydney Inner West function at Burwood Library Auditorium.

Garden Care was nominated for the Team award and Dennis Ryan was nominated as the individual volunteer. Dennis started with Garden Care in 2013 through the AFFORD Transition to Retirement Program. The program is offered to AFFORD supported employees aged 45 and over so they can participate in typical retirement activities. Initially Dennis was supported in his volunteer role by a support worker from AFFORD but after seven weeks Dennis started to volunteer on a weekly basis independently.

Dennis is always positive, has a great sense of humour, an excellent rapport with clients and is a good team player, ready to help others especially new volunteers to the program. Dennis thoroughly enjoys sitting down with the clients to enjoy a cup of tea and their company and the Garden Care Team love having him on board.



Gardencare is now providing an extra service in the afternoon for existing clients as well as clients waiting to access our annual Easy Care Gardening Service.

The cost of this service is \$15 an hour and maximum hours available is 3 hours.

The types of jobs that Garden Care will provide in the afternoon include:

- Front yard facelift (cleaning paths, cobwebs, windows, tidying up of garden)
- Kerbside pickup preparation (moving items to the front ready for collection)
- Spraying for pests (organic sprays for fruit trees or roses; homemade remedies)
- Vegie support
- Additional weed (herbicide) spray (on top of pre-spray prior to annual visit)
- Planting, re-potting, dividing or re-arranging plants in garden
- Pressure hosing of footpaths and driveways

lakemba

COMMUNITY GARDEN

STEERING COMMITTEE

The Community Garden is supported by Canterbury City Community Centre with the help of a Committee of Plot Holders and Friends of the Garden. Current members of the Committee are Sylvia, Sundari, Mary, Annette, Mary and Uma. If you would be interested in joining the Committee let Liz know on 9750 9344 – we meet every second month in the evening over dinner.

The next Steering Committee meeting will be held on Thursday 5th November 2015 6pm to 7.30pm.

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 Saturdays between 9am and 11.30am on: October 17th, November 21st & December 19th.



2016 CALENDAR LAKEMBA COMMUNITY GARDEN

On Sale Now! \$5.00 a copy.

Spring Gardening Workshops

Canterbury City Community Centre in partnership with the City of Canterbury

Herbs for the Home and Garden



Nothing is better than cooking with fresh herbs but too often we waste what we buy from the Supermarket. Why not grow your own herbs and avoid the waste, save money and always have the fresh herbs you need. Learn how to cultivate a variety of herbs in a small space.

DATE : Wednesday 21st October 2015

TIME : 6 PM TO 8 PM

Light Refreshments will be provided

WHERE : Both Workshops will be held at Canterbury City Community Centre 130 Railway Parade Lakemba

BOOKINGS ESSENTIAL

9750 9344

Don't buy expensive plants and seedlings ever again! Save money and learn how to sow your own seeds and take your own cuttings. This workshop shows you what seeds to choose, how to make your own propagating mix and how to do cuttings and layering.

New Plants from Old Propagation Techniques

DATE: Thursday 19th November 2015

TIME : 6 PM to 8 PM

Light Refreshments will be provided



About the Trainer

The Veggie Lady Toni Salter is a Horticulturalist, Writer and Talk Back Radio Show Guest.

CENTRE BASED DAY CARE PROGRAM



The 4cs Friendship group meets every Thursday where we come together and share friendship, some gentle exercises, and a wonderful lunch and dessert. Our guest speakers inform us on what services are out there for us, and how we can access them. Our outings have been exciting and varied, and we have planned some interesting and fun filled outings nearing Christmas, as well as finishing off the year with a wonderful Xmas buffet and entertainment here at the centre.

The Social and Activities group meets every Tuesday and we are trying our hand at many different art forms, but it's mostly the company and social interaction that is our greatest success. We are busy now making Christmas decorations, as well as cards for many occasions, and some very interesting book marks. Besides enjoying some innovative and exciting art work, we also enjoy having a nutritious lunch together.



For further enquires call Rosanna on 9750 9344.



THE REALITIES OF THE PERSON CENTRED APPROACH / CONSUMER DIRECTED CARE

PANEL DISCUSSION—FOR STAFF & VOLUNTEERS working in CHSP services, with
ELDERLY clients and clients with DISABILITIES



PANEL MEMBERS

Tara Cantwell

(Helen Sanderson & Associates)

Betty Stampoulis-Lytle

(Trainer / Consultant)

John Strike

(IDRS Educator)

Ben Garcia

(Education & Group Programs, IDRS)

PLUS

4th Panel Member TBA

Celebrations, Conflicts, Challenges

Beyond the theory

An interactive panel discussion on making the Person Centred Approach /
Consumer Directed Care work in service delivery.

- ⇒ Learn some tools to use in the delivery of PCA / CDC.
- ⇒ What about our Duty of Care to clients?
- ⇒ Hear about some examples of PCA/CDC best practice.
- ⇒ What clients think about the PCA/CDC approach.



Tuesday 20 October

10am to 2pm

Hall 1

Debby & Abbey Borgia

Recreational Centre / PCYC

531 Illawarra Rd, Marrickville



\$50.00 for CHSP Staff & Volunteers

LUNCH / MORNING TEA PROVIDED

BOOKINGS ESSENTIAL

Phone 9750 9344 or email
stars@4cs.org.au

STARS is supported by funding from the NSW and Australian government under the Commonwealth Home Support Programme

**A Free Family Event to Promote
Sustainable Living in Lakemba**

LAKEMBA ENVIRONMENT DAY



TOURS OF LAKEMBA COMMUNITY GARDEN

SAUSAGE SIZZLE

FREE CHILDREN'S ACTIVITIES

STORYTIME

**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 7
NOVEMBER 2015

10AM - 1PM

JUBILEE RESERVE
RAILWAY PDE AND BELLEVUE AVE LAKEMBA

FOR MORE INFORMATION CONTACT CANTERBURY CITY COMMUNITY CENTRE 9750 9344