

Happy New Year ... 2016 shapes up!

Welcome to the first edition of the 4cs Newsletter for 2016! It's shaping up to be a fantastic year ... once again there is a lot on offer and we encourage you to get involved.

In January we will be launching our new website ... it is looking absolutely fantastic and we love it! It was a work in progress for most of 2015 and will go live sometime during the month. Once it is up and we start to get feedback we're sure we will be making a few more changes! We thank Energetica for their skill in bringing it all together. The only down side has been saying good bye to our original Web Designer Kel Torrance. Hard to believe this is only our second website – it's a testament to Kel that the original site was still well used right to the end! Why not visit the new site at the old address ... www.4cs.org.au.

2016 will see a new course on offer at the 4cs – developed in partnership with the Sydney Centre for Workplace Training, Cabramatta Community Centre and 3Bridges Community and funded by the NSW Government. The Caring Careers Course will

run every Monday during school hours and will help put you on the path for a career in aged care, disability, children's services or home and community care services.

Our Community Builders Program also has some interesting new opportunities available Including a Womens Swimming class, workshops for parents of teenagers and Tai Chi. Old favourites such as our Women's English Class and the Lakemba Ladies Lounge return with a new program and wonderful opportunities to get involved in community activities.

With funding confirmed through to June 2018 for our Commonwealth Home Support Program services we can now start planning for the future with greater certainty. STARS has also been funded through to June 2017. We are looking forward to developing some of our ideas into services and activities in 2016 ... stay tuned.

Once again we are profiling a person involved in the 4cs – sharing those wonderful positive Lakemba and 4cs stories. Duncan is employed in our Garden Care

Service after starting at the 4cs as a volunteer. Duncan is an asset to the team and has a great sense of humour!

2016 ended on a high note for the Centre with our annual party – always a celebration of community and inclusion... and lots of fun!

All of our various Programs also held parties—with lots of outings and activities undertaken. The Community Centre is a great place to meet other people and get out and about together.

If you are inclined to make New Years Resolutions consider making a resolution to become involved in community life. Talk to a staff member at the 4cs about membership, or joining an activity or perhaps volunteering. You will be made most welcome!

Liz Messih, CEO

**The Centre
reopens after the
holidays on
Monday 11th
January at 10am**

New Back Gate



Over the last few months we have undertaken a bit of renovation at the Cottage. Thanks to a NSW Community Building Partnership Grant we have replaced our back gate with a newer wider side sliding version! The new gate makes it safer for our Garden Care Utes to enter and exit via the back lane and to squeeze into our tight parking spots. The gate is also safer to open and close. This very practical support through the Office of our local State MP Jihad Dib will make a huge difference to the day to day work of our staff and volunteers!

WHAT'S BEEN HAPPENING LATELY....



Lakemba Environment Day and Lakemba Community Markets

What a fantastic event it was when the Lakemba Environment Day joined forces with the Lakemba Community Markets on Saturday 7th November. The sun shone while members of the Ecopella Choir sang their hearts out.

Children made colourful insect costumes with Reverse Garbage and listened to stories thanks to Lakemba Library. Mama Creative corralled all the youngsters and had them engrossed in a range of craft activities. The Community Gardeners were there sharing composting tips and giving tours of the gardens – which are looking green, lush and very productive. The Bike Shed got locals up and riding and everyone enjoyed the sausage sizzle! There was a dazzling array of fantastic things to buy from the market stalls as well as food to tantalise the tastebuds. What a great display of teamwork and partnerships in action. Thanks to everyone involved for making it such a welcoming, inclusive and fabulous day.



An unexpected and welcome Visitor ...

What a pleasant surprise when our local Member for Lakemba, Mr Jihad Dib, MP dropped in unexpectedly to the Centre, with his colleague and Deputy Mayor Clr Karl Saleh.

Mr Dib and Clr Saleh were able to spend some time with our Social and Activities Group who were busy painting T shirts and making Xmas cards. It was smiles all around and a great photo opportunity. The special guests joined the group for lunch and a chat, and promised to return for a game of bingo with our Thursday 4cs Friendship Group.

The visit made everyone's day and we appreciated Mr Dib coming out to meet members of his local community.

National Mosque Open Day 2015

On Saturday 31st October staff from Canterbury City Community Centre held an Information Stall at Lakemba Mosque during National Mosque Open Day 2015.

It was fantastic to see hundreds of people attending from all over Sydney – many people had never been inside a mosque before and were interested in finding out more about the Islamic faith.

Local politicians were in attendance, as well as some high profile names including The Hon Bill Shorten, Leader of the Opposition. All received information on 4cs services and one left clutching a STARS “Keep Calm and Volunteer” shoulder bag! Staff and volunteers at the Mosque made everyone very welcome. It was a great family day with a jumping castle, food and tours of the Mosque.



End of Year Party... Life's a Rainbow



At the end of 2015 our Board, staff and Volunteers came together to celebrate the end of the year as we prepared for 2016. The 4cs end of year party is always a time to celebrate our own little 4cs community and this year the Rainbow theme acknowledged our diversity ... it is wonderful that a team of individuals who are so different can work together for a common purpose and in the process find out that we are not that different to each other after all.

Special mention goes to Gillian and the Party Planning Committee for yet another great event!





CANTERBURY MEN'S SHED

Not just about the woodwork

As usual, the year came to an end very quickly. Everyone at the Men's Shed was busy right up to our annual Toy Sale on 28th November, making sure

we had enough "goodies" on offer to fill those Christmas stockings!

We were aiming to reach our usual target of \$3000, but have smashed our previous record of \$3700 and made over \$4200! Which is a great effort.

It's incredible to see all the products out on display. You really do see how busy everyone is and how talented they are.

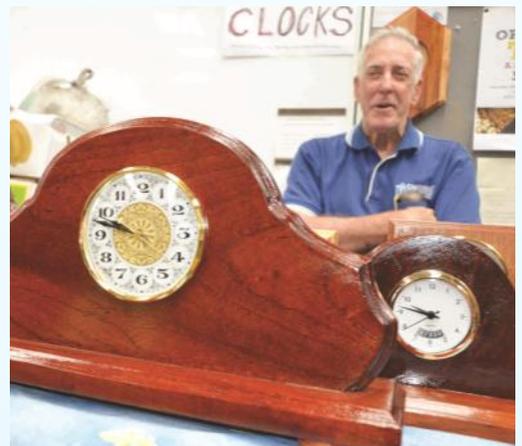
The sale day was good fun again, with all the guys making sure all our "customers" felt welcome and were looked after. And as usual the day went off without a hitch. Well done!

We'll use the money to go towards buying a new dust extractor, as the one we have just doesn't make the grade anymore. We need a stronger one to keep up with volume of saw dust that is being produced at such a high rate.

After the Toy Sale, everyone was taking it a bit easier and winding down for the year. We had our End of Year lunch at Belfield RSL with Bike Shed members coming along as well.

I'm sure next year will be as action packed as this year. Possibly with some more "Little Free Libraries" in the pipeline....??? Not sure when the Tardis is going to be landing, but hopefully it will be unveiled early in the New Year.

We'll keep you posted!



CANTERBURY BIKE SHED

New life for old bikes

And the Bike Shed members have been just as busy as well, showing off their fine skills.

Rom, Con and myself went to the Lakemba Markets in November to sell some bikes, as we were running out of space to keep them. The bikes were so popular that we sold all of them within an hour. Con even sold one just as he took it off the ute and was wheeling it over to our spot.

We sold some more at the Toy Sale and went back down to the Lakemba Markets in December to try our luck again.

The guys are doing a fantastic job of salvaging and repairing old bikes to get them back on the road and keep them out of land fill....as well as encouraging people to be active, which is a great bonus!

In January, the Bike Shed members will be giving a bike maintenance demonstration to some refugee young people, as an activity for Metro MRC's school holiday program. A great way to share skills and knowledge and hopefully get some new members.

The Bike Shed also have a new logo. We've got some shirts made up with the logo on the pocket, as well as a banner made, so we can display it at the Lakemba Markets, as it looks like we'll be a regular fixture down there.

All the best to everyone for the New Year from all us from the Men and Bike Sheds. Thank you for your ongoing support and we all look forward to working together in the New Year.

New members are always welcome to the Men's and Bike Sheds and enquires can be directed to Glenn on 9789 2710 on Wednesdays and Fridays.



LEARN ENGLISH



FREE - English Conversation Classes for Women



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

Beginners and Intermediate Group

Weekly Class
12.30 pm - 2.30 pm
Enrol Wednesday 3rd February 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



Introduction to Tai Chi

A Group for Women

Come & try Sun style Tai Chi

Protects the joints and knees
Builds strength slowly
Improves balance
Increases attention span
Lovely flowing movements
Lots of fun to do



DATES: Monday 22 Feb—21 March (5 weeks)
TIME: 10:00am - 12:30pm
WHERE: The Cottage 28 Croydon St, Lakemba
LEADER: Lindsay from Leichhardt Women's Centre
COST: Free, morning tea provided
CHILD-MINDING: Child care available but must be booked prior

For more information or to book, call the Centre 9750 9344



PARENTING WORKSHOPS



FREE Parent Wise Parenting Workshops for parents and carers of 12-18 year olds.

Finding it challenging raising your Teenager?

Come and learn about:

- The stages of adolescence
- Parenting styles and communication techniques that work
- How to manage conflict
- How to establish boundaries and keep a positive approach to discipline.

Date: Wednesday 2nd, 9th and 16th March
Time: 10.00am - 12.00pm
Location: The Cottage, 28 Croydon St Lakemba
Facilitator: Rebecca Dennis (Good Shepherd)



To book please call Kate or Romana on 9750 9344

LAKEMBA COMMUNITY

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:

CHINESE NEW YEAR - Saturday 6th February

Come and celebrate Chinese New Year with a FREE animal farm and special activities for the kids with Mama Creative.

INTERNATIONAL WOMEN'S DAY -

Saturday 5th March Free Henna & Chai for Women with Performances.

HARMONY DAY - Saturday 2nd April

Free Jumping Castle and performances with Suara Indonesian Dance Group.



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, mobile 0431 127 288 or emailing

markets@4cs.org.au.

Starting in February 2016 stallholders that come for 3 consecutive weeks, will get 1 week free.

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

STARS Learning & Development

It has been a busy time at STARS with 32 workshops held between July-December 2015 and a total of 410 attendances at training during this time. STARS has a great new 2016 calendar coming with workshops on Dementia, Recognising & Responding to the Abuse of Older People, Epilepsy Essentials, Follow Basic Food Safety Practices, CPR, Volunteer Essentials, Responding to Sexual Assault, Manual Handling and LGBTI Inclusiveness for Managers just to name a few of the workshop topics on offer.

Volunteering Australia Project: The Review of the Definition of Volunteering

Volunteering Australia released the National Review of the Definition of Volunteering in Australia Issues Paper in December 2014. The Review of the Definition of Volunteering was released on 23 July 2015. The new definition will be reviewed after 6 months and then annually after that.

The old definition (1996) stated that "Formal volunteering is an activity that takes place in non-profit organisations..." The new definition does not limit volunteering to the Not for Profit domain.

New Definition of Volunteering:

"Volunteering is time willingly given for the common good and without financial gain."

This allows For Profit organisations to utilise volunteers. This raises a lot of questions, issues and concerns about possible exploitation of volunteers and is a significant departure from the previous definition.

The supporting explanatory notes for the definition will be re-assessed in six months and annually thereafter. If you also share STARS' concerns over the changes you can let Volunteering Australia know.

Feedback can be directed to Volunteering Australia at admin@volunteeringaustralia.org



Farewell to Kaye

Last week the STARS team farewelled a much loved and respected colleague, Kaye McCulloch, who is leaving her position at 3Bridges Community after 16 years with the organisation.

Kaye has worked in a number of positions during this time, including volunteering and training, which brought her into contact with the STARS Team. Kaye has always been a fantastic source of information and support and in the early STARS days was able to assist with numerous resources to help our service get established.

3 Bridges Community was also part of the Southern Sydney Connections partnership with STARS and VAST (JNC) which saw us work together on a number of issues and events.

We will miss Kaye for her in depth knowledge of the sector, her passion for community services and her great sense of humour. We wish her well in all that the future brings.

NEW for 2016- STARS Volunteer Information Sessions at Leichhardt & Balmain

2016 will see the start of regular Volunteer Information Sessions being held at Leichhardt and Balmain. Dates and times will vary throughout the year so check the 4cs website and Facebook page for details.

Balmain Library- Thursday 18 February 4.00pm- 6.00pm

Leichhardt Library- Thursday 25 February 4.00pm-6.00pm

Also the Volunteer Information Sessions will continue to run in Marrickville on the First Wednesday of the month between 10.00am-12.00pm with the first one of the New Year being held on March 2.



An Australian Government Initiative

Dementia Care Essentials

Free Training in Dementia Care

Attain Nationally Accredited Recognition

Certificate 4 (CHCAC416A Facilitate Support Responsive to the Specific Nature of Dementia) is a **free** Dementia Care Skills for Aged Care Workers Program funded by the Commonwealth Department of Health & Ageing in partnership with the Dementia Centre and HammondCare Registered Training Organisation.

This is an intensive course and participants **must** commit the time to attend **all 3-days plus half hour assessment at your workplace** by a qualified and experienced trainer.

Aim: This course is for people who support and lead others that are caring for people with dementia. The course is designed to give you a foundation of knowledge that will help you to understand dementia and to use your new skills in practical ways developing plans and supporting both staff and the person with dementia.

Trainer: Rebecca Harkness

Educator/Manager: Deb Helmrich STARS – 02 9750 9344

Venue Address: The Carrington Centre, 2 Carrington Square, Campsie (off Anglo Road).
Enter at Meals on Wheels glass doors.

Course Dates: Mondays – 8, 15 & 22 February 2016

Time: 8.45 am to 3.30 pm

What is provided: Student workbooks and other resources

Host Provides : Tea, Coffee & biscuits

Attendees BYO: Lunch, ID (eg, Driver's Licence, Medicare Card or Passport) and Unique Student Identifier (USI) - obtained from the Dept of Education and Training USI Office – <http://www.usi.gov.au> - and then click on **Student Entry** and follow the instructions there.

Registration: To register, go to www.dementiacentre.com.au and click on Education. Find your courses there under Dementia Care Essentials > DCE 4 Courses. Click on orange Register button and complete your details.

Following the satisfactory completion of the mandatory half hour workplace assessment, a nationally recognised Statement of Attainment in unit **CHCAC416A (Facilitate Support Responsive to the Specific Nature of Dementia)**, part of the VETAB accredited Certificate IV in Aged Care will be issued by the **HammondCare RTO**.

Who should attend?

Health professionals of all levels, Senior Managers, Educators, Registered Nurses, Recreation Officers, Allied health professionals and Personal Care Workers. There are **NO** pre-requisites for attending this course.

Course Content

The course content is based on an individualised care approach encompassing current best practice and is developed by The Dementia Centre, HammondCare. The program is designed under the Certificate IV National Training package, CHCAC416A module, and covers:

- Care and support
- Adaptive communication
- Behaviour interventions
- Environmental dynamics
- Purposeful activities
- Practical documentation strategies

Training to care for people with Dementia



Dementia Centre



HammondCare

An independent Christian charity

RTO ID No. 40451



NATIONALLY RECOGNISED
TRAINING

Tony Burke Awards – 4CS Volunteers Honoured

In November volunteers from Canterbury City Community Centre were invited to attend a special Award Ceremony for volunteers, hosted by The Hon Tony Burke, MP, Member for Watson.

Volunteers attended as representatives of the volunteer teams they work with at the Centre – Garden Care, Social Support, Centre Based Day Care, Admin and Shed Mates.

Mr Burke congratulated all the volunteers for their dedication and the difference they make to the communities they work in as well as to individuals lives.

Each volunteer was presented with a beautiful certificate signed by Mr Burke and joined together for morning tea.

It is fantastic to see our volunteers' efforts appreciated by others as much as we appreciate them!



International Volunteer Day 2015 STARS Celebrates!

STARS hosted a special event in honour of International Volunteer Day 2015, which is observed on December 5th every year.

International Volunteer Day is a United Nations sanctioned event celebrated around the world as a way to promote the idea of volunteering and honour volunteers everywhere. STARS invited local volunteers to join together to mark the day with some special Guest Presenters and a lunch.

Victoria Spence (Life Rites). Consultant and Celebrant talked to local volunteers about the causes and effects of grieving, and some helpful strategies we can use to assist volunteers to cope with emotional and stressful situations they can encounter in their volunteer work.

This included some really practical tips like keeping hydrated and eating properly, as well as some visualisations.

We all enjoyed the idea of being surrounded by a protective layer of pink fluffy fairy floss!

This was followed up by Yoga teacher Mary Lafferty discussing the benefits of practicing yoga, and taking the group through their paces in some very gentle seated yoga poses. She calls it "Chilled Out Yoga"! Everyone was feeling very relaxed and loose just in time for lunch.

Lunch was an opportunity to catch up with old friends and chat with Victoria and Mary about their presentations.

The volunteers enjoyed themselves and suggested that the STARS Program might include some further sessions in 2016 from both presenters.

Happy International Volunteer Day everyone!



Make **change** happen,
volunteer!

Caring Careers Short Course



Are you interested in starting a career in Aged Care, Disability, Children Services or Home & Community Care? If you are, then this short course will help to get you started. Students completing the course will receive Certificate III-level qualifications in such areas as Work, Health & Safety and Food Safety. Students will also receive support services like learning and career pathway planning, English language and learning support, and access to volunteering experience.

When: The course will run on Mondays from 22 February to 6 June 2016 from 9.30am - 2.30pm during school term. No classes on Public Holidays.

Venue: Canterbury City Community Centre, 130 Railway Parade, Lakemba

Requirements: Minimum level of English as assessed by Sydney Community College.

Cost: Fees apply, or FREE IF YOU MEET NSW GOVERNMENT ELIGIBILITY CRITERIA

To take this course you must:

- Be an Australian/New Zealand citizen, permanent resident or humanitarian visa holder
- Be living and working in NSW
- Be 15 years or older and not at school or doing other Government-funded training

TO APPLY PLEASE ATTEND THE INFORMATION DAY

MONDAY 8TH FEBRUARY 2016 at 10.00 am

Canterbury City Community Centre 130 Railway Parade, Lakemba
Check out the Centre website: www.4cs.org.au for

Please allow 2 hours for the information day. To enrol, please have proof of Australian citizenship, permanent residency or humanitarian visa and proof of any Commonwealth Welfare Benefits (e.g. Family Tax benefit Part A, Carer Payment, Newstart Allowance, Parenting Payment Single, etc).

To RSVP for the information session, find out more about the course and eligibility for the concession fee please contact Gillian Whalley-Okafor on 9750 9344 or stars@4cs.org.au



STARs is supported by funding from the NSW and Australian governments under the Commonwealth Home Support Program



Provide Cardiopulmonary Resuscitation (CPR) HLTAID001

When:
10am-2pm
Wednesday 9 March 2016

Where:
Ethnic Community Services Cooperative Building 3
142 Addison Road Murrumbidgee

Cost:
Free for CHSP/CCSP volunteers
\$30 other volunteers
\$40.00 staff

HLTAID001—Provide Cardiopulmonary Resuscitation
Valid 1 year. This is specified by the Code of Practice—First Aid in the Workplace. The Australian Resuscitation Council recommends annual update of resuscitation (CPR) skills.

This course covers skills and knowledge required to perform an emergency first aid response in an education and care setting in line with the ARC guidelines. The course does not cover other aspects of first aid.



Elements:

- Respond in an Emergency Situation;
- Recognise an emergency situation
- Identify, assess and minimise immediate hazards to health and safety to self and others
- Assess the casualty and recognise the need for CPR
- Seek assistance from emergency response services

Perform CPR Procedures;

- Perform CPR
- Display respectful behaviour towards a casualty
- Operate automated external defibrillator (AED) according to manufacturer's instructions

Communicate Details of the Incident;

- Accurately convey incident details to emergency response services
- Report details of incident to workplace supervisor as appropriate
- Maintain confidentiality of records and information in line with statutory and/or organisational policies.

9750 9344

starstraining@4cs.org.au

Bookings Essential
For bookings and enquiries call or email STARs



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



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

HLTFS207C Follow Basic Food Safety Procedures

When:
Monday 7 March 2016
10am - 4pm

Where:
Punchbowl Community Centre
44 Rossmore Avenue
Punchbowl

Cost:
FREE for CHSP/CCSP volunteers
\$30 other volunteers
\$50 staff



HLTFS207C Follow Basic Food Safety Procedures

This unit of competency describes the skills and knowledge required for basic food safety practices including personal hygiene, conduct when working in a food service environment, basic pest control requirements and basic food disposal requirements.

Topics Covered:

- Maintain food safety while carrying out food handling activities
- Comply with personal hygiene standards
- Contribute to the cleanliness of food handling areas, according to the food safety program
- Dispose of food according to food safety procedures



Facilitated by 3Bridges Registered Training Organisation (RTO no: 41056) this comprehensive and "hands on" accredited training will have participants in the kitchen preparing food and being assessed while carrying out food handling activities.



Bookings Essential
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

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



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

Recognising and Responding to the Abuse of Older People A Workshop for Volunteers

When:
Tuesday 16 February 2016
9.30am - 11.30am

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

Cost:
FREE

The abuse of older people is a globally recognised issue that is becoming more prevalent. The increasing ageing population and increasing demand for family caregiving will likely contribute to a rise in all forms of elder abuse in the coming years.

The causes of abuse are complex and may involve physical, social, medical, legal and environmental factors. There are also many barriers that may prevent the older person reporting abuse or asking for help. It often begins with awareness of what constitutes abuse and the older person understanding their rights in the situation.

In this session you will learn:

- What is elder abuse? Definition and prevalence Ageism and elder abuse
- Risk factors for abuse
- How to recognise abuse types and signs
- Barriers to reporting
- How to report alleged abuse to your volunteer coordinator
- Where to go for advice and assistance

Facilitated by Deb Helmrich and Donna Brunton, Accredited trainers with STARs who have been trained through the NSW Elder Abuse Helpline & Referral Unit (EAHRU) to deliver this workshop.



Bookings Essential
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

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

ENVIRONMENT@ LAKEMBA



Want to do something about the litter and dumping of household items in Lakemba? If you said YES, then come along to the next Environment@Lakemba Meeting.

We meet every 2nd month, share a meal and discuss ways to improve the environment at Lakemba. For our next meeting we will be planning for Clean Up Australia Day on Sunday 7th March 2015.

**The Next Meeting is Wednesday
18th February, 5.30pm to
7.00pm
at Canterbury City Community Centre at
130 Railway Parade
Lakemba**

Clean Up Australia Day

**Get Involved
&
Clean up LAKEMBA**



Clean Up Australia Day 2016

Australia's biggest community participation event

WHEN: Sunday, 6th March 2016
WHERE: Jubilee Reserve and surrounding streets
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

Essentials for Mental Health Caring



Carer Assist are coming to the Cottage to run a 10 week group, designed to help families, friends and carers of people with mental illness build on their knowledge and skills, as well as give the most up to date information relevant to carers.

Topics the group will cover each week include: Assisting with Mental illness, Caring for Yourself, Depression, Grief and Loss and Recovery.

All the sessions value the experience of carers & families, are delivered in a relaxed atmosphere and can be a great place to enjoy support from others in similar situations.

The group starts Tuesday 2nd February, 12.30pm – 2.30pm and runs for 10 weeks at the Cottage, 28 Croydon St Lakemba.

To book your place call the Centre on 9750 9344



CENTRE BASED DAY CARE PROGRAM

To thank all our wonderful Centre Based Day Care and Social Support volunteers for the amazing work they did during 2015, the two groups joined forces to enjoy lunch at a very special Italian Restaurant.

Both services rely on the volunteers, and their support is greatly appreciated. They are so committed and passionate about what they do – they love the interactions they have with the clients – and it shows!

Thank you!

Inner West Social Connections



Get more out of life!



Inner West Social Connections clients love to get out and about, no matter what group that they participate in! In the last couple of months we have been to numerous locations such as Elizabeth Farm on a guided tour, Clifton Gardens Reserve/Chowder Bay, Hawkesbury Regional Museum & Gallery, Rosehill Bowling Club and our end of year Magical Mystery Tour to Panorama House at Bulli Tops.

2015 was a successful year and our goal of building social support and friendship amongst our clients has been achieved.



Shed Mates

The Shed Mates may be frailer than the Men at the Shed, but they still want to contribute to the annual Toy & Craft Sale to help raise money for the Men's Shed. The Mates painted some terracotta pots and potted some plants and every single one was sold! Great achievement. In 2016 we have planned more projects to be able to sell at the Toy & Craft Sale.



Knitting With Heart

The members of the Knitting & Crochet group enjoyed an outing to Windsor to view the Alice Springs Banie Festival Exhibition.





Financial Counsellor Available Free & Confidential

- Overdue Utility Bills
- Unpaid Parking Fines
- Problem with Landlord /Agent & much more

Make an appointment NOW to see Neena,
Financial Counsellor on 9750 9344



Make your money go further!



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 make an appointment call the Centre on 9750 9344



FREE Short Course

Create an Online Presence
for Your Business

Are you a small business owner, or a market stallholder?

Would you like to develop your online presence?



Come along to this 6-week course and you will learn:

- How to set up and use a Facebook page for your business
- How Pinterest and Instagram can help your business
- Other social media platforms – what they do and how to which are for you
- Whether you need a website (or not...)
- Digital marketing tips and tools
- Creating a digital marketing plan
- And more...

This course is funded by a Financial Assistance Program Grant from the City of Canterbury



STARTS: Monday 2nd May 2016 and continues for 6 Mondays
TIME: 9:30 am to 1:00 noon
FACILITATOR: Joanna Maxwell – Work in Colour
WHERE: The Cottage '28 Croydon St, LAKEMBA
COST: FREE but Bookings Essential
CHILDMINDING: Available but must be booked prior
TO REGISTER: Call the Centre on 9750 9344
REQUIREMENTS: You'll need to bring your own laptop or tablet to use during the sessions.

lakemba

COMMUNITY GARDEN

WORKING BEES

Members and friends of Lakemba Community Garden meet to maintain and develop the shared/communal spaces of the garden. This is when the entire garden becomes the focus and not individual plots. It is also a great time for you to meet other gardeners and share ideas and learn from one another. We all use these spaces so it is important that we all help out when we can.

We have a number of Working Bees coming up ... at different times to suit just about everyone.

 Saturday 6th February 9:00am to 11:30am

 Saturday 5th March 9:00am to 11:30am

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 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 4th February 2016 6pm to 7.30pm.

2016 CALENDAR LAKEMBA COMMUNITY GARDEN

Copies still available for \$5

Propagation – New Plants from Old - Presented by Toni Salter The Vegie Lady

Don't buy expensive plants and seedlings ever again! Save money and learn how to take your own cuttings. This hands on workshop shows you how to make your own propagating mix and how to do soft-wood, semi-hardwood and hardwood cuttings as well as layering.

6 pm to 8 pm - Wednesday February 17th 2016

Canterbury City Community Centre 130 Railway Pde Lakemba

Natural Pest Management - 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 organize your garden to reduce the impact of plant eating bugs.

9 am to 11 am - Saturday March 19th 2016, Lakemba Community Garden, Jubilee Reserve cnr Railway Pde and Bellevue Ave Lakemba

Low Maintenance Gardening and Planning for Retirement

Learn about low maintenance gardening techniques including mulching, plant selection, weed identification, garden design and using the right tool for the job.

Ideas and tips for making your garden safe and enjoyable. Discussions on natives vs exotic plants, garden bed edging, lawns and lots more.

1 pm to 3 pm - Tuesday 5th April 2016, The Cottage 28 Croydon St Lakemba

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

JANUARY 2016

LAKEMBA LADIES
LOUNGE CLOSED
FOR SCHOOL
HOLIDAY

BACK ON THE
THURSDAY 4TH
FEBRUARY 2016

FEBRUARY 2016

WELCOME MORNING
TEA AND PLANNING
FUTURE WOMEN'S
ACTIVITIES
THURSDAY 4TH
FEBRUARY
9.30AM - 12.30PM

HENNA

Learn the art of Henna
with Sadia
Thursday 11th Feb
9:30am-12:30 pm

HENNA

Learn the art of Henna with
Sadia
Thursday 18th Feb
9.30am-12.30pm

HENNA

Learn the art of Henna
with Sadia
Thursday 25th Feb
9.30am-12.30pm

MARCH 2016

DIFFERENT TASTE OF
BIRYANI

Biryani by Anees
Thursday 3rd
9.30am-12.30pm

INTERNATIONAL WOMEN
DAY CELEBRATION

Thursday 10th
9.30am - 12.30

LEBANESE BIRYANI

By Ebtisam
Thursday 17th
9.30am - 12.30pm

HYDRABADI BIRYANI

By Aisha
Thursday 24th
9.30am - 12.30pm

HARMONY DAY

Dress up and bring a plate of
food to share
Thursday 31st
9:30 am-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.



Staff Profile – Garden Care Support Worker Duncan

Having spent way too long working in an industry with flexible working hours, I finally had no excuse not to do something I'd been talking about (mostly to myself) for a long time: volunteering in the community.

Having no real garden in my share house in Enmore (my habanero plant in a pot out the back didn't really count), I figured Garden Care looked like a great option. It ticked all the boxes:

- Volunteering;
- Gardening; and
- Hopefully I'd learn a thing or two improve my habanero yield!

It was settled, I'd get involved with Garden Care. A couple of emails and an interview later I was out the front of a house in Campsie at gam on a Wednesday morning, waiting for Yul and the team to turn up and show me the ropes.

And what great ropes they were! I could not have enjoyed the experience any more. Yul was a wonderful and welcoming team leader, from the get go I felt like I was already part of something fantastic as I got caught up in their infectious enthusiasm.

The team of volunteers I was working with on the day – Steven, Ruth, Bruce and Rosemary (all seasoned Garden Care vols) – were open and friendly and interesting. Before the day was out I'd given them all titles: Steve the Master Bundler, Bruce the Trivia King, Ruth the Client-liaison Officer, and Rosemary the Head Weeder.

Garden Care volunteers aren't all cut from the same mould, each has a different story and background, and their reasons for volunteering all differ, but they enjoy the company and the learning and the teaching that volunteering with

Garden Care provides.

Morning tea with the client was something else altogether and it was here I realised what Garden Care was all about – the client. Sure, I was getting something out of this too but to sit down with the client and have a cup of tea, a piece of cake and hear their story was something very special.

To hear how much they appreciate the service and the company, to hear about their families and their lives, and to be so warmly welcomed into their home, it's not something that everyone gets to experience.

And there it was – I was hooked. I'd rock up each Wednesday morning and get stuck into it. Over the next few months I met the other Garden Care staff and realised not only how different they all were but also how much they had to teach and share! Not only were they dedicated horticulturalists but they loved the clients and the community they worked for.

Now, I'm working at Garden Care as a Part-Time Team Leader. I've worked with the other volunteers on the other days and really seen how diverse, passionate and lovely they all are. Going out each day and seeing how much the client appreciates the work we all do is very motivating.

Volunteering with Garden Care has without a doubt had a very positive impact on me. I've changed my career path, I've met so many great people, from the other volunteers to staff to the clients, who all share a passion for the community and gardening, and been able to get excited about coming to work each day – something I'd definitely lost in my old job!