



WELCOME
ESTA
OUR NEW
CEO TALKS
RESILIENCE

4CS NEWS
CANTERBURY CITY COMMUNITY CENTRE



International
Womens Day
2021

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Volunteering
can lead to work

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APR/JUNE 2021

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Canterbury City
Community Centre
Community Building Community

CEO NEWS

Hello everyone,

It is my pleasure to be sharing my first update with you as the CEO of the 4cs!

The 4cs has a proud record (nearing 50 years) as a community-based organisation that listens to the community and responds in innovative and deeply committed ways.

Given my history in the same geographic areas that the 4cs operates in and as a local resident, the 4cs is an organisation whose track record I know very well.

It is a history and track record I plan to move forward in the most helpful ways possible.

What can I say about Liz Messih? Liz has been a foundational pillar of the 4cs for many years and her leadership, strategic vision and focus on the needs of people is a source of much strength of the 4cs. Despite the challenges she faced,

Liz stayed on the path of hard work, determination and optimism. That is a legacy for which Liz should be very proud.

We recently held Liz's farewell and what struck me the most was the warmth in which people spoke about Liz.

There was one staff member who said that the 4cs is a "safe place" for them and for others. On our way back from the event, Liz and I reflected on that being such a humbling compliment to a leader and CEO.

Liz recently sent us a Thank You card and I wanted to share what she said...

'TO ALL THE FABULOUS 4CS TEAM, BOARD, STAFF AND VOLUNTEERS, THANK YOU FOR MY WONDERFUL SEND OFF... I WILL TREASURE THE MEMORIES OF MY TIME AT THE 4CS AND WITH ALL OF YOU FOREVER. I LOVE MY GIFTS, THE CARDS AND THANK YOU FOR THE KIND WORDS. IT WAS A LOVELY WAY TO FINISH UP. I AM EXCITED TO SEE WHAT YOU ALL GET UP TO NEXT! KEEP WELL AND KEEP SAFE. I MISS YOU ALREADY. LOVE LIZ XX'

Thank you so much Liz and all the very best in Robertson with beautiful nature.

4Cs GROUPS

It is so exciting to see that this year, many of our community groups have been meeting at the Centre and taking their trips out and about. After a year of restricted activity, I know that has been wonderful for all involved, from our participants, volunteers and staff as well.

For me, it has been such a delight to see salsa and knitting happening and a wonderful celebration for International Women's Day. We hope that those of you who are part of these groups have been enjoying your time with one another and with us.

We hope that this year with the roll out of the COVID-19 vaccination and the recent lifting of restrictions, many of you will be able to enjoy life in the ways you were used to before COVID-19.

As always, the volunteers and staff at 4cs are here to help and assist where we can.

IMPORTANT NEWS

Some important news to share with you is the recent release of the Report from the Royal Commission into Aged Care Quality and Safety - we waited with keen interest to see what it found.



STAFF CHANGES

Since the last edition of our Newsletter we have seen Jacinta Buhck move onto new adventures following her studies and building her career.

Jacinta has spoken to many of you on the phone over the last few years and seen you at the Centre. We thank Jacinta for her committed and important contribution to the 4cs.

We have since welcomed Kristina Edlund (Kiki as we know her) into the position Jacinta held. Welcome Kiki and we hope your time at the 4cs is fulfilling and positive!





INTERNATIONAL WOMEN'S DAY 2021 WAS CELEBRATED WITH LOTS OF JOY, DANCING AND DELICIOUS FOOD. IT WAS OUR FIRST BIG EVENT THIS YEAR ... IT WAS GREAT TO SEE SO MANY WOMEN FROM THE COMMUNITY ENJOYING THEMSELVES.

From the Report:

"Most of the aged care budget is spent on residential aged care, more than two-thirds of people using aged care services do so from home. The Commonwealth Home Support Programme (CHSP) is intended to provide entry-level services focused on supporting older people to maintain their health, independence and safety at home and in the community".

"Home Care Packages (HCP) can, and often do, contain many of the same support services that are available under the CHSP but they may be provided as a more structured and comprehensive bundle of services. They are delivered on a 'consumer directed care' basis. This means that people can choose the provider to deliver their services and can choose to change providers. There are four levels of assistance from basic care needs to high care needs".

As a long standing CHSP and HCP community based provider across the Inner and South West, we are especially interested to understand how the complexity of people's needs will be met.

We know from our clients, that many people do not know how to navigate the system and they call on us for advice (even when we are not their provider).

They are often waiting long periods to be assessed and/or access the services that will meet their needs.

The Report confirms this:

"It should be easy for older people to access the aged care they need. Having easy access means a person can get the information, support or care they need, when they need it. It also includes getting aged care appropriate to a person's individual needs, including care that is culturally appropriate and safe. Ineffective arrangements for older people to access aged care services mean that people may not know where to turn for help. They may have to make decisions which are difficult emotionally, financially and practically, without the benefit of accurate and timely information and support. In some cases, people do not receive the care they need, when they need it".

While these findings are not surprising to many of us, they cause us to pause, reflect and plan how we can all do better.

At the 4cs we remain committed to putting our clients and communities first and we will work with Government, funders and like-minded providers to ensure we continue to do that as much as our resources allow.

RESILIENCE

Lastly, I wanted to let you know that in each edition I will be focusing on theme and this time I choose 'RESILIENCE'. In my short time as CEO of 4cs my deep belief in community resilience has been re-affirmed. Why? Well, on the back of bushfires, floods, a global pandemic, job loss, and people changing the way they live and work in very significant ways – we see resilience at play every day.

To me, community resilience is key to the success of any organisation or indeed country. Governments introduce policies (some are helpful and some less so) but whatever the policy, organisations like the 4cs, the partners we work with, our volunteers and staff – show strong and deep resilience every day.

Thank you for supporting the 4cs, for trusting us to assist you and I hope that our team adds value to the life you want to live!

I hope to meet many more of you as we do more and more face to face and in the meantime stay well and safe!

Esta Paschalidis-Chilas
CEO

HOUSING INFORMATION SERVICE

In Partnership with Metro Assist, 4cs is providing a Free Housing Information Service



The housing information officer can assist with a range of housing concerns including:

- Renting information
- Rights & Responsibilities as a tenant
- Advocacy & brokerage into housing markets: private, community housing or public housing
- Information on rental subsidies
- Help with housing application forms – private rental, application to community or public housing providers
- Support & advocacy on emergency housing needs
- Referral to other services.

When

Thursdays
9:30 am to 4:30 pm
By Appointment Only

Where

Canterbury City Community Centre
130 Railway Parade
Lakemba NSW 2195



Appointments are free and confidential.

To make an **appointment** call the **Centre** on **9750 9344**





ENVIRONMENT@LAKEMBA

Environment@Lakemba members got together on Saturday 5th March at the Plaza next to Lakemba Train Station on The Boulevard, Lakemba to pick up litter from 10 am – 11:30 am. A slightly smaller but very enthusiastic bunch of helpers collected approximately 6 large bags of litter. Around the station it was definitely the cigarette butts and food wrappings that were the main litter culprits.

Environment@Lakemba is a group of local residents keen to reduce littering and household dumping of goods in Lakemba and surrounds. Having recently received a grant from the Environment Protection Agency, the group is busy educating the community to reduce litter caused by take-away food, with a focus on Wiley Park, Haldon St, Hampden Rd and Fairmount St.

If you would like to learn about other activities of Environment@Lakemba come to our meeting where we share a meal and plan activities.

Next Meeting: Tuesday 18th May 2021, 5:30 pm – 7:00 pm at Canterbury City Community Centre, 130 Railway Parade, Lakemba

For more information call Kate on 9750 9344.

COMMUNITY GARDEN

With all the rain the garden is looking very lush and green. If you get a chance pop down and have a look. Ideal herbs to plant at the moment include; coriander, garlic bulbs, marjoram, oregano, parsley, thyme and winter tarragon, while fruits and vegetables include; plant broad beans, english spinach, green beans and peas. To inspire you to grow some of the above herbs, see the delicious recipe below:

Green Beans and Spinach in Coriander and Tomato Sauce

Ingredients 500grms green beans, 2 cups spinach, 1/2 can black beans, 1 onion (finely chopped), 3 cloves garlic (minced), 1 can diced tomatoes, 1 tablespoon tomato paste, 1 cup water, 2 teaspoon coriander, 1 1/2 tablespoon avocado oil and salt, pepper to season

Instructions

1. Rinse green beans, trim and cut into 1 inch pieces.
2. Rinse and chop spinach.
3. Bring a pot of water to a boil. Add green beans and boil them for 5 mins. Drain and rinse under cold water (to stop the process of cooking).
4. Finely chop onion and mince garlic. Heat oil in a large skillet over medium-high heat. Add chopped onion and cook for about 5 mins until soft. Then add coriander and minced garlic, cook for another minute.
5. Add diced tomatoes, tomato sauce and water. Cook for 5 minutes. Then add black beans and spinach, cook for another 3 minutes.
6. Add green beans, cook for 3 minutes. Season with salt and pepper to taste. Stir, then let stand for 5 minutes for the flavors to blend.
7. For a bit of spice add some chilli flakes or whole chillies.



WORKING BEES

**COME ALONG
AND MEET OTHER
GARDENERS!**

**WORK ON COMMON
AREAS TOGETHER!**

Come share company, ideas and seeds. It is always a lovely morning.

We all use these spaces so it is important that we all help out when we can.

Working Bees are usually held the 1st Saturday of the month.

Up-coming dates are:

- Saturday 17 April
8:30 am to 12:30 pm
- Saturday 1 May
8:30 am to 12:30 pm
- Saturday 5 June
8:00 am to 12:30 pm

Remember if you would like manure at \$ 5:00 bag or mulch \$ 15:00 a bag, please contact Joan at the Centre and she will bring some down on the day.

If you have any queries please call Kate at the Centre on 9750 9344.

We look forward to seeing you again at the next Working Bee.

COMMUNITY BUILDERS

INTERNATIONAL WOMENS' DAY MONDAY 8TH MARCH 2021

This year we celebrated International Women's Day in style with games, candle decorating workshops, dancing, prizes and as always delicious food. Given it was our first large event since Covid-19 began in March 2020, it was great to see so many women from the community coming together to celebrate and acknowledge women's resilience over the last year.

The day was full of activities including Mahira demonstrating the art of Candle Decorating, with everyone taking a beautiful candle home, while the ever enthusiastic Beatriz had women up dancing to latin beats, this was followed by some great music and dancing from India and Pakistan, lots of fun was had by everyone.

We look forward to running more activities and events through-out the year to bring women and their families together.

WHAT'S COMING UP APRIL/MAY

Introduction to Make-up & the Beauty Industry

The skills taught in this statement of attainment are the basic skills that will form the foundations to be effective in the make-up industry and provide a pathway to future study and work in the Industry

Date: 8 weeks on Fridays (starting 30th April 2021)

Time: 9:30 am – 2:30 pm

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

Enrolment Date: Friday 23rd April 10:00 am – 11:30 am.

Cost: Free

For more information call Romana at the Centre on 9750 9344 or 0412 270 811

Family Movie Night

Watch out for our ever popular Family Movie Night under the stars on the big screen. Date and Venue to be confirmed. Check our facebook page for more details. To be held in May.

Cost: Free

For more information call Romana at the Centre on 9750 9344 or 0412 270 811

Let's Talk About Money and Women's Money Wellness

This four week course will give women lots of tools and tips on budgeting creatively, managing bank accounts & credit cards, planning for the future, loans and other financial products.

Date: 4 weeks on Mondays 24/5, 31/5, 7/6 & 21/6

Time: 9.30am – 12.30pm

Venue: Level 1, 194-198 Lakemba St Lakemba

Cost: Free

For more information call Romana at the Centre on 9750 9344 or 0412 270 811



ENGLISH CLASSES

Free Classes for Women

Do you have children aged 0 - 5 years and want to learn and improve your English? Then bring your children along with you while you learn.

This is a friendly environment to learn and practice English, with activities provided to keep the children entertained.

Mum 2 Mum

English Conversation Class Mondays During School Term

Starts Term 2
Monday 26 April 2021
10:00 am to 12:00 pm
At Hampden Park Public School

For more information call the Centre on 9750 9344 or visit www.4cs.org.au

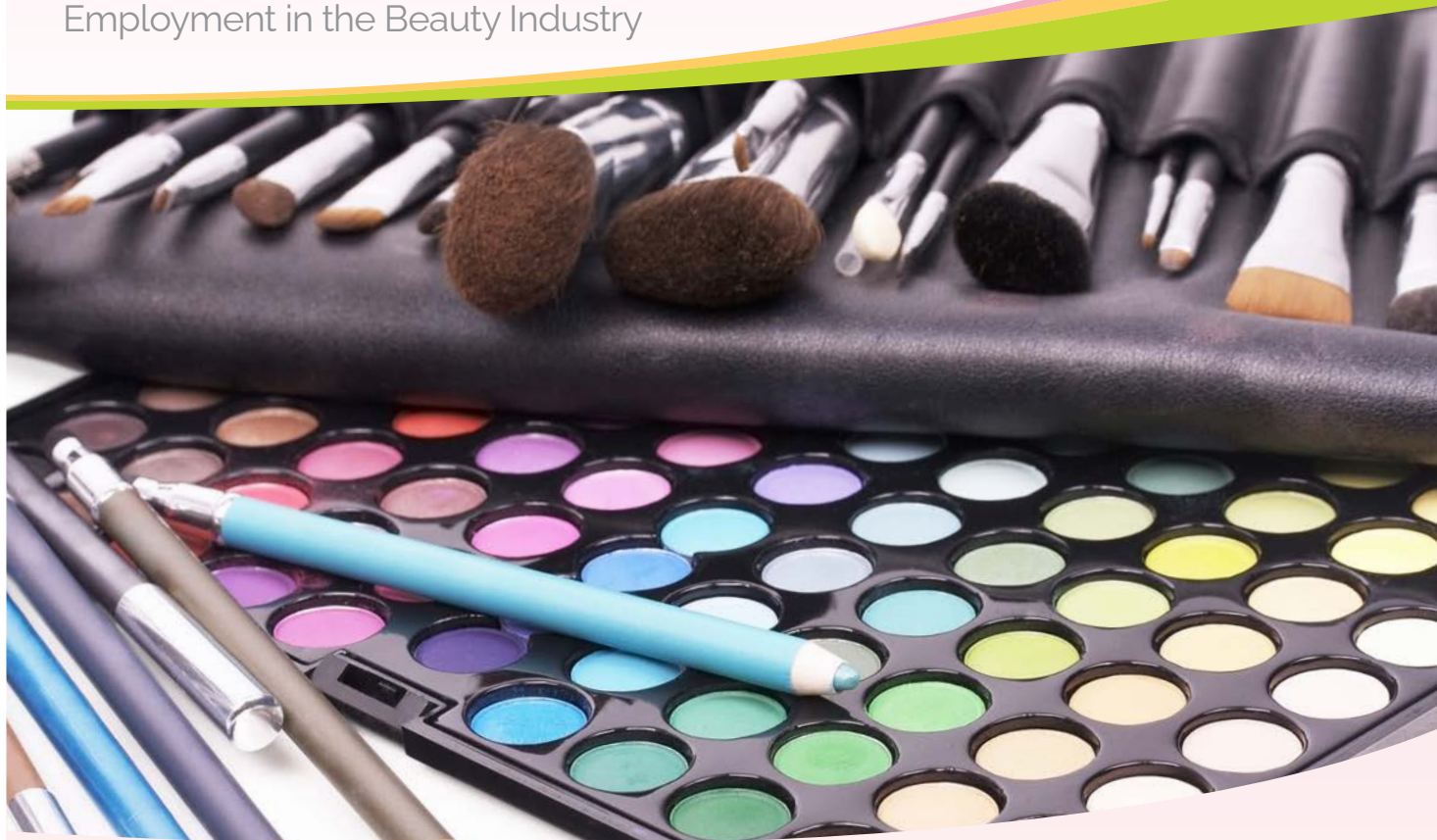


STATEMENT OF ATTAINMENT INTRODUCTION TO MAKEUP



TAFENSW

This 8 week Introductory Course (900-81212V01) gives participants the opportunity to gain Employment in the Beauty Industry



The skills taught in this statement of attainment are the basic skills that will form the foundations to be effective in the make-up industry and provide a pathway to future study within TAFE.

Units include: Design and Apply Makeup (SHBBMUP002) and Research and Apply Beauty Industry information (SHBBRES001).

Venue:

Level 1
194 - 198 Lakemba Street
(entrance on Croydon St)
Lakemba NSW 2195

Course Duration:

Fridays for 8 weeks
From the 30th April to
18th June 2021
9:30 am to 2:30 pm

Enrolment/Information Session on:

Friday
23rd April 2021 at
9:30 am to 10:30 am

Cost: Fee-Free: This course is fully NSW government subsidised. If eligible for the NSW Government Smart and Skilled funding.

Applicants must be: No longer at school; Living in NSW; An Australian citizen, Australian permanent resident. Australian permanent humanitarian and/or some Bridging visa holder

For information call **Romana** at the **4cs** on **9750 9344** or **0412 270 811**



GARDEN CARE

FAREWELL TO DEB

In March we said farewell to Garden Care Assistant Coordinator Deb Dunn, who has taken on a new role with an Aged Care provider in the Macarthur region.

Deb is having a career change, and will be providing personal care, domestic assistance, social support and respite support. She is looking forward to this new challenge.

Deb has been part of the 4cs for fifteen years, starting out as a Garden Care Support Worker and making the transition to the Assistant Coordinator role. Deb also acted as Garden Care Coordinator in a job share role.

Says Deb: "My time with the 4cs was very rewarding, with loads of great memories working with colleagues, volunteers and clients out in the gardens. Garden Care is such a helpful service and I hope it continues to thrive and assist more and more people in the future. I wish the 4cs and its amazing staff and volunteers all the best."

Deb will be greatly missed as a valued colleague and friend, and by clients for her kindness and commitment to positive consumer outcomes. We wish her all the best in her new role.

.... AND WELCOME EDEN

We are delighted to announce that Eden Brender, who has been working as a Garden Care Support Worker, will be taking up the role of Garden Care Assistant Coordinator. This involves coordinating the 4cs lawn mowing service, which now has over 400 clients, as well as taking responsibility for assessment of new clients. It also involves being able to step into the Coordinator role when required.

Eden has a reputation as a hard worker and fast learner and has demonstrated a real passion for the job. His skills as a certified horticulturalist and previous roles in coordination and planning made him the ideal candidate for the role, and we look forward to having him as part of the office team at Garden Care.

THREE NEW FACES AT GARDEN CARE

Two short term Assistant Garden Care Support Worker roles were created in February. The role will assist the Garden Care Support Workers to carry out the multitude of tasks required to provide gardening services to our clients.

The new workers have been recruited from our volunteer team. Okkyung Shin and Dev Dhungana both love working in the gardens and bring with them enthusiasm and energy. Welcome!

Another short-term role, created to address the growing demand in the

Bankstown area, is the Community Aged Care Project Officer. This role was also filled by a volunteer team member, Michael Shoveller.

Primarily Michael will be conducting the majority new client assessments as we build our client numbers in the Bankstown area. See more about Michael on the STARS page.

GARDEN CARE SET TO EXPAND

Our 4cs Garden Care service is always very much in demand.

Garden Care is very often the first Commonwealth Home Support Service (CHSP) that people require, due to the physicality required to push a lawn mower and take care of a garden. Sometimes people can manage well at home with cooking, shopping and domestic tasks, but are too frail or unwell to do the heavier chores required around the garden. Private gardening services can be expensive, so it is crucial that eligible clients have ready access to subsidised services as they need them.

We are very pleased to announce that due to an increase in our funding, 4cs will soon be expanding its service and taking on some new clients.

Canterbury City Community Centre's Garden Care Service employs qualified horticultural staff and volunteers to help maintain gardens, making them safe as well as enjoyable to use, and provides the following services for eligible residents:

Easy Care Gardening – this service converts gardens to low maintenance and makes the garden easier to manage over time. It involves lots of weeding, papering, mulching and pruning.

Garden Support Service – this service assists with smaller one-off jobs that may need doing.

Lawn Mowing – includes up to 15 mows per year, including edges.

Garden Care works with clients to plan the garden as well as maintaining those special plants and places.

The service can assist residents within the Inner West and South West Sydney planning areas. Watch this space for further information about the upcoming expansion of this excellent service.

HOME CARE PACKAGES

DON'T FORGET YOUR INFLUENZA (FLU) VACCINE THIS YEAR

Vaccination against influenza remains important this year. While COVID-19 remains in the community, it is very important that you reduce your risk of getting other illnesses. It is important to get the 2021 flu vaccination as soon as it is available from your GP or pharmacy.

Influenza (flu) vaccines will be available in April 2021. Timing may be different for your local area.

This year both influenza and COVID 19 vaccines will be available in Australia. It is important to plan vaccination timing to give the best protection against both potentially serious diseases.

Your Doctor or local Pharmacy will be able to give you more information about having your 'flu shot, and timing it with your COVID Vaccination. Call your Dr or see your Pharmacist to make a booking as soon as possible.

COVID-19 VACCINATION

COVID-19 can cause serious, long-term health conditions, and sometimes can be fatal. Coronavirus symptoms are much more likely to be serious in older people and people with certain medical problems than in young healthy people.

The COVID-19 vaccine will be available to all Australians throughout 2021. Older Australians will be among the first to receive the vaccine in a national rollout.

The Phase 1b rollout started on 22 March 2021 and includes people over 70 years old and Aboriginal and Torres Strait Islander people aged 55 years and over.

Those aged between 60 and 69 years will be included in the next phase (Phase 2a).

After this the vaccination will be offered to the general public. Contact your local GP to make a booking to have your safe, effective COVID-19 vaccination as soon as possible.

NSW FIRE AND RESCUE HOME SAFETY VISITS

NSW Fire and Rescue offer a service where they can attend your home and provide advice and information about how to make your home safer.

What is a Safety Visit? During the Safety Visit, Fire and Rescue will attend your home and check that you have working smoke alarms, that they are in good working condition, and are installed in suitable areas.

If you do not have one, firefighters will install a long-life battery-powered smoke alarm as well as replace existing smoke alarm batteries all at no cost. With your permission, firefighters will also ask you to show them around your home and property. This will allow them to give you personalised fire safety

information including but not limited to:

- Cooking fire safety
- Heaters and open fires
- Common electrical safety
- Barbecues and LPG cylinders
- Bedroom heating and wheat bags

Firefighters will also provide advice on a fire escape plan in the event of a fire occurring in your home and how to report Triple Zero (000) to report emergencies.

Safety Visits are important for everyone, but especially those who are statistically at higher risks of incidents occurring, including:

- Over 65s
- Those who live alone
- People with limited mobility, hearing impairments or vision impairments
- Residents who are supported by carers, family and friends
- Anyone with English as a second language

To book a Safety Visit you can call your local NSW Fire & Rescue Fire Station or if you can make an enquiry through the website:

www.fire.nsw.gov.au

Lakemba Fire Station - 9759 5252

Campsie - 9787 1668

Bankstown - 9790 5404

Please Note: If you live in an apartment block, please contact your Building Management about updating your fire alarms.



HOME CARE PACKAGE TEAM 2021

Introducing the 2021 HCP Team... Gina Gericke (right) a much familiar voice over the phone and has been part of the team since 2016 as the Community Care Coordinator... and recently two new staff members have joined the team... Susan Tawdrous (left) as HCP Care Manager & Assistant Home Care Coordinator; and Kerry Muldoon (middle) as Home Care Package Scheduler. Both are looking forward to getting to know you all in the future!



THE GROUPS ENJOYED SOME GREAT OUTINGS IN MARCH, INCLUDING TO AUSTINMER DOWN SOUTH TO VISIT THE BEACH AND TO EAT SOME FISH AND CHIPS FOR LUNCH... AND TO BEAUTIFUL AUBURN BOTANICAL GARDENS.

SOCIAL INCLUSION AND WELLNESS

With the restrictions easing up as the covid pandemic abates, it is wonderful being able to have our larger groups back in the Centre and venture out on our usual exciting trips.

The 4cs has been brought back to life with the sound of conversation, happy laughter and the occasional singalong!

We were glad to be able to keep providing services during the pandemic, by making lots of phone calls, doing drop offs of wool, books and goody and activity bags. We produced and delivered special edition newsletters with loads of information and activities to keep people engaged during this time.

Our iPad Project really helped to keep people connected to each other through technology, and to discover a whole new world of games, exhibitions and performances available from the comfort and safety of people's own homes.

Clients were even able to exercise and keep fit and chat to each other, via zoom. But there is nothing quite like being able to catch up again in person.

THE POWER OF SINGING

During March the groups have been visited by Fiona Maria, Singer and Guitarist Extraordinaire. Fiona Maria is a local resident, who specialises in entertaining older people in residential care and in social groups. She has been singing and performing professionally for over 20 years. Underpinning all of her work is a firm commitment to the restorative and healing powers of singing together.

Says Fiona Maria: "My approach has always been on sharing real music with minimal electronics and distractions. Music played on acoustic instruments, the way it has been for centuries. I celebrate the power of genuine human connection through song to bridge ages and cultures."

The groups have enjoyed singing along with Fiona Maria – and so have volunteers and staff!

OUTINGS

The groups enjoyed some great outings in March, including to Austinmer down south to visit the beach and to eat some fish and chips for lunch and to the beautiful Auburn Botanical Gardens.

Many agreed the highlight of the month was a visit to Uturn Recycled Outlet for a much-needed post-covid fashion fix! Uturn has an incredible range of clothing that is not only good for the budget but good for the environment. Uturn are also our partners as they support the 4cs with a financial contribution, so it is always good to visit them and say hello. Clients enjoyed looking through the incredible range of clothes and making purchases. Staff at the store were dressed up for Mardi Gras and looking fabulous, so a fun time was had by all.

INDIVIDUAL SOCIAL SUPPORT - FINDING COMMON GROUND

Our Social Support Individual service connects volunteers with older clients who want one to one company, either at home or to go out and about. Staff are often surprised by the connections we discover when we introduce a volunteer to a new client.

Some recent surprises include:

- When introduced, volunteer and client immediately recognised each other, as the volunteer worked at a club the client used to attend 19 years ago!
- A client mentioned she loved getting her nails done, and the volunteer then revealed that she was a trained nail technician and loved doing people's nails!
- Finding out that both the volunteer and the client were retired teachers?
- Finding out that the volunteer used to play soccer with the client's nephew and the two families knew each other through the soccer club!

SOCIAL SUPPORT HOME VISITING VOLUNTEERS – WE NEED YOU!

We would love to hear from anybody who has a few hours to share each week or fortnight, can drive a car, and is friendly and sociable. Our Social Support Home Visiting program matches up clients and volunteers for social home visits and / or outings. Volunteers may take clients out for some light shopping, to a café or a place of interest, or spend time at home over a cuppa and a jigsaw, or simply for some good conversation.

Volunteering can be a very rewarding experience and can make a huge difference to someone who lives in your community. Our clients are culturally diverse, so if you speak a community language please do get in touch! To find out more, and how to get involved, please call Alison on 9750 9344.

SALSA 4 SENIORS

Are you over 65 and looking for fun social activities?



If you are over 65 and looking for fun social activities then come along and learn how to dance the Salsa. All abilities are welcome, no prior experience required with two sessions available:

Tuesdays: 20th April to 22nd June 2021

Time: 10:00 am to 12:00 pm

Venue: Club MT Lewis
14 Waterloo Road, Greenacre NSW 2190

Wednesdays: 21st April to 23rd June 2021

Time: 10:00 am to 12:00 pm

Venue: Canterbury City Community Centre
130 Railway Parade, Lakemba NSW 2195

Cost: \$5:00 plus \$5:00 for transport (limited transport available), Morning Tea Included

Participants must be registered with My Aged Care.
We can assist with this.

Bookings and enquires call Alison on 9750 9344

STARS

NATIONAL VOLUNTEER WEEK 2021

National Volunteer Week 2021 is coming up and is being held between 17th and 23rd May. This year's theme is... 'Recognise, Reconnect, Reimagine'.

After a challenging year where many aspects of volunteering have changed, it will be wonderful to recognise our hardworking volunteers.

This year, STARS will be holding two bush tucker and cultural walks along the Cooks River with Darug Dharawul man and respected horticulturist Terry Lennis with lunch between the two walks provided by Café Green House in Gough Whitlam Park. If you volunteer in the Inner West or Canterbury areas, please ask your Volunteer Coordinator to get in touch. Spaces are limited to three per organisation.

Update: There has been an overwhelming response to STARS

National Volunteer Week event! The morning walk is fully subscribed and places are going fast for the afternoon walk.

STARS are holding a wait list for places that may come available. Contact Angela on 9750 9344 or angela.gallard@4cs.org.au

FREE INTRODUCTORY VOLUNTEER INFORMATION

Step into Volunteering will be scheduled for the Inner West soon – keep an eye on the Centre's Facebook page or contact Angela on 9750 9344.

Also, if you are interested in volunteering, however, are not sure where to start, please contact Angela at STARS for further support.

STARS has successfully provided introductory Volunteer Information Sessions (face-to-face and online) for services as a part of education courses.

If you're providing a course and think your students would benefit having a 35–45 minute Introductory Volunteering session, please

contact Angela on 9750 9344 or angela.gallard@4cs.org.au

STARS TRAINING

STARS organised two Safe Food Handling courses at the end of January, a two-day course for Older Persons Mental Health First Aid at the end of February and Boundaries and Duty of Care training in March.

All training was well attended and provided face-to-face. Online training will be in the mix for future training, however, workers and volunteers attending these sessions welcomed the opportunity to return to training in person.

STARS are in the process of recruiting a new Project Training Officer to add to our hardworking team - watch this space for training opportunities coming soon.

ONSITE TRAINING

Are you a community organisation looking for on-site training for your staff and volunteers in the second half of 2021 and into 2022? Contact STARS for more information on 9750 9344.

VOLUNTEERING CAN LEAD TO WORK

For many people getting hands on experience through volunteering is a way to finding paid work, as well as giving you local experience and potential future referees.

In September 2020 Michael moved to the Inner West and was looking for work after finishing his studies. He was also interested in connecting with his new community and considered volunteering but wasn't sure how it might fit in with this, and how to take the next step.

After Michael found out about STARS volunteering on the Inner West Council Website he decided to call. By November 2020 he was volunteering with Garden Care 5 mornings a week and soon reached the volunteering maximum recommended by Volunteering

Australia of 15 hours per week.

This also led to Michael finding work with the 4cs and has recently started in a full-time paid position with the Garden Care Team in February 2021 as the Community Aged Care Project Officer.

Michael said... 'the initial call to STARS was really helpful, as sometimes it can feel uncomfortable to explain your situation, however he felt immediately at ease with Angela... she understood my needs as well as interests and was able to help find a role which has now resulted in paid work'.

If this story inspires you to volunteer, please call Angela the Volunteer Promotions Officer on 9750 9344.



NVW Cultural & Bush Tucker Walk 2021



Come for a cultural and bush tucker walk along the Cooks River and lunch with STARS!



This year's National Volunteers week theme is **Recognise, Reconnect, Reimagine** - As a way of saying thank you, STARS invite you to either a morning or afternoon guided walk on the Cooks River with Darug Dharawal man and respected horticulturalist Terry Lennis.

Lunch will be provided by Café Green House at Gough Whitlam Park.

When:

Tuesday 18 May 2021

Cultural and bush tucker guided walks:

11:00 am or 2:00 pm

Lunch: 12:45 pm to 1:45 pm

Where:

Morning walk: Meet at Steel Park Waterplay park, Illawarra Road, Marrickville South

Lunch: Café Green House, Gough Whitlam Park, Earlwood

Afternoon walk: Meet at Café Green House, Gough Whitlam Park, Bayview Ave, Earlwood

To Register:

You must be currently volunteering in the Inner West and Canterbury areas. Spaces are limited with a maximum of 3 volunteers per organisation.

Bookings are essential.

Supported by the Australian Government Department of Health

NATIONAL 17-23 MAY 2021
VOLUNTEER
WEEK
RECOGNISE. RECONNECT.
REIMAGINE.



Bookings and enquires 9750 9344 or angela.gallard@4cs.org.au



OUTREACH SERVICES AT LAKEMBA

Need Help? Based at the Centre maybe one of the 5 services below could help you!

Call our Centre on 9750 9344 to make a FREE and CONFIDENTIAL appointment.

ASSISTANCE WITH FILLING IN FORMS AND ONLINE GOVERNMENT WEBSITES

Do you need help completing forms or registering for online government sites such as My Gov. Every Tuesday there are volunteers to help you fill out forms including; Centrelink and Housing applications and some other general forms.

We can assist you to understand and complete the form, but do not give advice. You must call the Centre to book an appointment and discuss which form you need assistance with. If it is something we cannot help with, we will try and refer you to another organisation that can assist.

HOUSING INFORMATION ASSISTANCE

Need help with housing information, then come see our Housing Information Officer from

Metro Assist who is based at our organisation on Thursdays. They can assist with renting information, rights and responsibilities as a tenant, advocacy and assistance getting into the housing market, information on rental subsidies, help with Dept of Housing application forms and referral to other services.

The service is by appointment only, so please make sure you call the Centre to book an appointment.

LAKEMBA WOMEN'S HEALTH CLINIC - Currently on hold, waiting for a new nurse to start.

The Lakemba Women's Health Clinic is a partnership between Canterbury City Community Centre and Leichhardt Women's Community Health Centre to improve access for women to health services in Lakemba. Staffed by a Women's Health Nurse, the clinic operates on Wednesdays from the Centre's offices at 130 Railway Parade Lakemba.

Now operating for over 6 years, the clinic has been a run-away success, providing a range of preventative health screenings for local women.

The nurse can see women by appointment for a range of concerns including cervical screenings, breast health,

contraception and menopause advice, and emotional health and well-being. General health screenings on offer include cardiovascular risk assessments, blood pressure, Vitamin D, cholesterol and glucose checks.

COUNSELLING FOR TORTURE AND TRAUMA VICTIMS –

Currently by telephone only due to Covid

Suvangi Koirala, a counsellor from the NSW Service for the Treatment and Rehabilitation of Torture and Trauma Survivors (STARTTS), is at our Centre every Friday to provide FREE support and counselling for people who have experienced trauma and are having difficulties as a result.

Dealing with being in a new country while coping with terrible memories in the past can impact on people's everyday living. The counsellor can help people;

- Talking about their worries or difficulties
- Assisting the person find ways of coping with their feelings
- Connecting them with relevant services and support
- Helping the person understand how Australia works.



EMPLOYMENT ASSISTANCE SERVICE

In partnership with Metro Assist at Campsie, we are excited to be offering individual employment assistance for newly arrived immigrants, asylum seekers and people that hold a valid visa, such as spouse, permanent resident, skilled migrant and bridging visas.

The focus of the service is on helping people get employment through determining their skills, deciding on their goals, developing a resume and cover letter, improving interview skills and looking for work.

Dinaz speaks Urdu, Hindi and Kashmiri, as well as understanding Bengali and Punjabi.

To make an appointment please contact the Centre.

LAKEEMBA *Ladies* Lounge

APRIL TO JUNE 2021

Every Thursday during School Term, 9:30 am to 12:30 pm at Level 1, 194-198 Lakemba St, Lakemba.
No childminding

APRIL

Lakemba Ladies Lounge is closed over the April holiday break.

Re-opens Thursday 22 April 2021

Make Ramadan Snacks

Thursday 22 April
with Uzma

Make Ramadan Snacks

Thursday 29 April
with Farzana

MAY

Closed for Ramadan
6 May 2021 and
for EID 13 May 2021

EID Party

Thursday 20 May
Bookings Essential

Make up Tips

Thursday 27 May
with Asma

JUNE

Learn Basic Hand Sewing

Thursday 3 June
with Nasima

Learn Basic Hand Sewing

Thursday 10 June
with Nasima

Learn Basic Hand Sewing

Thursday 17 June
with Nasima

Learn Basic Hand Sewing

Thursday 24 June
with Nasima

For information call **Romana** or **Kate** on **9750 9344**



Canterbury City
Community Centre
Community Building Community

Face-to-Face training in Lakemba

Skill Up: English and Computers

Study and practice English. Learn how to use computers and other digital technology. Gain skills and confidence.

This short course will help you improve your English and teach you how to use different computer programs for basic work and study tasks. All lessons are in-person in Lakemba.

The course covers units from the nationally-recognised Certificate II in Skills for Work and Vocational Pathways (FSK20119) qualification and will prepare you for further study and work.

WHERE

Level 1, 194-198 Lakemba St
Lakemba

WHEN

Saturdays, 9:30am – 2:30pm

10 April - 8 May 2021 (5 sessions)

Or

15 May - 12 June 2021 (5 sessions)

**THIS ^{FREE!} COURSE IS
GOVERNMENT FUNDED AND
ONLY FOR PEOPLE WHO:**

- receive eligible Centrelink payments or have other difficulties accessing training
- are 15 years or older and have left school
- live and work in NSW
- are an Australian or New Zealand citizen; permanent resident; humanitarian visa or bridging visa holder



To learn more and enrol please attend the Information Session

When: Saturday March 20th at 10:00 a.m

Where: Level 1, 194-198 Lakemba St

Please bring:

- Australian passport or citizenship document or foreign passport and visa documents or travel document or Immicard
- Details about government benefits received (eg, Health Care Card, Centrelink Income Statement)
- NSW Driver's License or NSW Photo ID
- USI number (Unique Student Identifier) if you have



FOR MORE INFORMATION PLEASE CONTACT...

Tonya Cook-Pedersen – Sydney Community College

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

PHONE 0412 247 656

Romana Waseem – Canterbury City Community Centre

EMAIL romana.waseem@4cs.org.au PHONE 0412 270 811

Jawat Kabir – STARTTS

EMAIL: jawat.kabir@health.nsw.gov.au PHONE 0435 123 012

Offered by Sydney Community College (RTO # 90054)
with Canterbury City Community Centre and STARTTS

**SYDNEY
COMMUNITY
COLLEGE**

Sydney Community College Ltd | RTO # 90054

 **Canterbury City
Community Centre**
Community Building Community

THIS TRAINING IS SUBSIDISED BY THE NSW GOVERNMENT