



COMMUNITY GARDEN GETS A MAKEOVER!

4CSNEWS

CANTERBURY CITY COMMUNITY CENTRE



Restoration
of Garden
Beds

PAGE 5



Doreen's
World War II
Medal

PAGE 7

OCT/DEC 2020



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Canterbury City
Community Centre

Community Building Community

JOB SEEKER SKILL UP

Basic English & Computers

Learn how to use computers and other digital technology.

Study and practice English. Gain skills and confidence.

This short course will teach you how to use computers programs and other digital technologies for basic work and study tasks, while also improving your English-language skills.

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 or work.

WHERE

Level 1
194-198 Lakemba St
Lakemba

WHEN

Mondays, 9:30am – 2:30pm
12 October 2020 until 14 December 2020
10 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 APPLY PLEASE COME TO THE INFORMATION SESSION

**Wednesday 23rd September, 2020
(Please be there at 10am sharp)**

Level 1, 194-198 Lakemba St, Lakemba (enter via Croydon St)

To enrol, 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 one



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

Canterbury City Community Centre
ADDRESS: 130 Railway Parade, Lakemba PHONE 9750 9344

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

**SYDNEY
COMMUNITY
COLLEGE**

Sydney Community College Ltd | RTO # 90054



THIS TRAINING IS SUBSIDISED BY THE NSW GOVERNMENT



NEWS FROM THE CEO *Liz Messih*

We seem to have settled into a new way of working with staff and community members continuing to be extremely flexible and resourceful during these Pandemic times. Our Covidsafe plans are changing constantly as the situation remains fluid with staff returning to the Centre to work and then working back at home, with groups starting back up and then on hold. We are all acting with caution and in this way we have kept safe.

At the 4cs we'd again like to thank everyone for their co operation in staying home when unwell, getting tested for Covid 19 if experiencing flu like symptoms, practicing good hygiene and social distancing.

Some of our activities have returned to face to face (but with smaller numbers) and some are still being held online. We were fortunate to secure a small grant through Canterbury Bankstown Council which has enabled us to rent a larger space at the former Centrelink building at 194 Lakemba St ... this has allowed our short courses to continue as our own venues are too small to safely support a full class.

Students in the Certificate II courses in Community Services and Computers/ Basic English graduated on 9th September and were presented with their Certificates by Lakemba MP, Jihad

Dib. All Students completed their studies during difficult times and are to be congratulated for their commitment and resilience. Good Luck for the future!

The 4cs is partnering again with Sydney Community College to hold another Certificate II course in Community Services at the temporary venue at 194 Lakemba St ... the details are in the Newsletter!

UTurn Recycled Fashions

We are really excited to welcome UTurn Recycled Fashions (King Cotton Pty Ltd) as corporate sponsors of our Lakemba based community projects. UTurn have a strong commitment to supporting the local community and have just opened the UTurn Recycle Megastore at 95 Bonds Road Punchbowl ... drop in to grab a bargain with an amazing array of recycled and second hand clothing available to purchase.

Thank you UTurn ... we look forward to working together in the years ahead!

End of Year Closure

The Centre will close briefly from 4pm on Wednesday 23rd December and will re-open at 9 am on Monday 4th January 2021. We wish everyone all the best for the holiday period and a Merry Christmas for those celebrating the day with family and friends. Let's hope for a better year in 2021!!

48TH

ANNUAL GENERAL MEETING

Last year we hosted 180 people to our Annual General Meeting and end of year celebration ... this year things will be a bit different due to Covid 19.

The 2020 AGM will largely be held via Zoom for Financial members who will shortly receive an invitation to the AGM plus nomination forms to stand for the Board of Directors. Attendance at the AGM can be in person or preferably via Zoom but guests must let us know they are coming so we can monitor the numbers for social distancing or send you the zoom link if attending online.

Our Reports, including the Financial Reports, will be available on the website shortly after the AGM.



AGM 2020

6:30 pm Wednesday
18 November 2020

130 Railway Parade
Lakemba or via Zoom

RSVP essential as numbers limited due to Covid restrictions



Canterbury City
Community Centre
Community Building Community



GARDEN CARE

Meet our New Garden Care Workers

Our Garden Care service has recently expanded into the Bankstown area. This means we have needed to employ new GC Team members to meet the extra demand.

All three new staff members are settling in well, enjoying the work and getting rave reviews from our clients, volunteers and other staff.

Mandy

I am a qualified horticulturalist and keen home gardener of more than 20 years. Following a career change a few years ago, I returned to full-time study at TAFE School of Horticulture in Ryde, where I completed a Diploma of Horticulture in 2019. Whilst undertaking my studies, I volunteered with the Garden Care team for 18 months, until joining the team as a part time Garden Care Support Worker. I believe in the enormous therapeutic benefits of gardening for physical and mental health, and that everyone deserves their own patch of garden to unwind from life!

Eden

I am a horticulture student with a background in volunteer coordination and community organization. I join Canterbury City Community Centre from the

Merivale hospitality group, where I was responsible for the maintenance of their grounds, gardens, and indoor plant displays.

I am excited to be returning to not-for-profit work as a Garden Care team leader because the role allows me to combine my love of gardening with the ability to make positive impact in the community. As I grow into the role, I am looking forward to learning more about gardening and hearing more stories from members of the community.

Alex

Growing up in the New England region of New South Wales with a mother who loved gardening and a father who loved planting trees has in hindsight provided the foundation of my own fascination with horticulture and the natural world

more generally. As a teenager I was drawn to the then new concept of Permaculture as well as gardening with native plants as exemplified by the Eco Gardening concept. Realising the need for further education brought me to Sydney to pursue Horticultural qualifications and ultimately lead to my career in Local Government at Strathfield Council.

These days I look after a small backyard terrace garden with my wife Leanne where we enjoy the antics of blue wrens and blue tongue lizards and hopefully soon a few frogs! I am also enjoying a return to Ryde TAFE where I study Arboriculture.

I love gardening and helping people with their own gardens. I also enjoy getting around this busy city of preoccupied people with an electric scooter and bicycle as city traffic drives me nuts!!

A very warm welcome to all our new Garden Care staff. We hope you enjoy your work with the 4cs.

Bankstown Update

Thanks to growth funding from the Department of Health, 4cs Garden Care has been able to expand its services into the Bankstown and surrounding suburbs, of the South West Sydney region. The service has proved to be as popular in Bankstown as it is in Canterbury and the Inner West.

4cs Garden Care have taken on 5 new Lawn Mowing Contractors to support our work in this area. We have provided a Lawn Mowing service to 16 new clients – with more to come!



If you receive a Garden Care service from Canterbury City Community Centre, you may have noticed our new look vehicles! We thought that adding signage to our Garden Care utes was both a great way of identifying who we are and promoting our service.

LAKEMBA COMMUNITY GARDEN

History of Lakemba Community Garden

The Lakemba Community Garden was officially opened on Saturday 24th September 2011 and we thought it would be timely to share a bit of the history of how and why Lakemba Community Garden came about. The former Canterbury City Council built the garden in 2010 from a grant received through the NSW Environmental Trust and awarded the tender to manage and operate the garden to Canterbury City Community Centre.

Lakemba was chosen as the site due to having one of the highest densities of apartments in the local government area. The aim of the community garden was to provide local residents who have little access to gardens, an opportunity to grow food and participate in environmentally sustainable initiatives. Moreover, there was much evidence that community gardens provide many opportunities for informal learning and the potential to increase the capacity of the gardeners to lead sustainable lives. The garden currently has 30 plot holders, with a waitlist of local people wanting to join. Eligibility for a plot is limited to people that live in Lakemba/Wiley Park to ensure that the Garden meets its original objectives of catering for local residents living in apartments.

Restoration of Garden Beds

Thanks to a Grant of \$4800 from Canterbury Bankstown Council a

team of landscapers have been repairing the garden plots and completing other works to get the Community garden in top shape and ready for spring. Matt and Jarwin have been working hard, while preserving as many existing plants as they could, by placing extra stakes in all beds to repair warped beds, repairing broken corners with metal facing, removing all metal and wooden poles, fences etc from individual plots and finally removing weeds entering the site and installing shade cloth along the back fence to stop seeds and weeds blowing in from the adjacent vacant property.

In addition, all gardeners are being given 6 x 1500mm garden stakes and organic twine to grow vines and plants in their garden plots. Extra stakes can be purchased at \$10 a bundle. These can be collected from Joan at the Working Bee or by calling Kate at the Centre on 9750 9344.

What to Grow in Spring

Spring is here and it's the perfect time to feed manure and fertiliser to the garden and start some planting for the warmer months.

The Top 10 vegetables to grow in Spring in the Sydney region includes all types of beans, carrots, cucumbers, eggplant, lettuce, pumpkin, potatoes, sweet corn, tomatoes and zucchini.

It is also important to get ready for the hot weather and once you have finished planting MULCH! MULCH!!



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 3rd October 2020
8:30 am to 12:00 pm

Saturday 7th November 2020
8:30 am to 12:00 pm

December date to be advised

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.



LAKEEMBA *Ladies* Lounge

October to December 2020

Once again in Term 4 we will be connecting with ZOOM, Thursdays 10 am to 12 pm. You just need to download Zoom on your laptop, phone or computer. It's FREE and if you need help call Romana on 0412 270 811

OCTOBER

Lakemba Ladies Lounge is closed 1st and 8th October for school Holidays

Saver Plus Information Session - 15 October

Budgeting and saving tips with Domenic

Candle Decoration -

22 October

with Asma

Make up tips - 29 October

with Fathima

NOVEMBER

Basic Computer Skills -

5 November

with Sorosh

Basic Computer Skills -

12 November

with Sorosh

Basic Computer Skills -

19 November

with Sorosh

Basic Computer Skills -

26 November

with Sorosh

DECEMBER

Make Kulfi Dessert -

3 December

with Rashda

End of Year Party -

10 December

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



Canterbury City
Community Centre
Community Building Community



SOCIAL INCLUSION UPDATE

Greenacre Social Inclusion and Wellness Group

Canterbury City Community Centre is very excited to be working in partnership with Greenacre Area Community Centre to provide social group activities for older people (65+) every Tuesday. The groups will be held at the Greenacre centre – in their large and airy hall where clients can social distance with ease!

There are several different activities being planned for the Group – including Gentle Exercise; Yoga; Learning to use an iPad; monthly outings and much more.

This is thanks to growth funding received by 4cs to expand its services into the south west region –specifically Bankstown and surrounding suburbs.

Our individual social support program is also expanding, and we are currently taking on new clients in the Bankstown area. This includes home visiting or being accompanied out to do some light shopping.

To keep everyone safe during the pandemic, we are limiting the size of our groups and complying with social distancing requirements and hand hygiene practices.

If you are interested in the Groups or the individual service, or if you would like to volunteer with the service, we would love to hear from you. Please call Alison on 9750 9344.

4cs iPad Project

One of the most difficult challenges

of the COVID 19 pandemic has been the effect on our social connections. For older people who have been supported by services like the 4cs Social Inclusion program, the suspension of groups and activities has been especially hard.

While younger people have been able to keep in touch with family, friends and community events via their electronic devices (smart phones, computers, iPads), this has not typically been the domain of the over 65s – or so we thought!

4cs were fortunate to receive funding from the Department of Health to purchase iPads so that we could loan them to our clients, provide them with training on how to use them, as well as ongoing support. Participating clients came back into the Centre in small groups and Centre staff had put in place a COVID Safe Plan, were practicing social distancing and hand hygiene, to keep everybody safe.

Many of our clients were quite new to this technology and some a little nervous, however the results have been amazing.

Ursula has picked up facebook quickly ... a great achievement as she had never used an iPad or the internet before. She has connected with her many siblings, nephews and nieces on Facebook and Facetime and, as many live overseas and with time differences, it has meant waking in the morning to multiple friend requests and messages like 'Welcome to Facebook Auntie'. Ursula has also

learnt the privacy and security features of Facebook and has customised her own emoji! Ursula also likes to watch funny animal videos and doing jigsaw and other puzzles.

Leonor is now accessing music, news, movies, and TV in her first language - on demand, rather than having to wait for SBS regular programming. Every morning Leonor listens to music on her iPad. She has an added spark in her life and is really enjoying having video calls with her family and friends. The iPad Project has provided a very positive and happy experience for Leonor.

Joan is 90 and was unsure of giving the iPad a go but is also getting the hang of it - small steps at a time. Joan loves animals and worked at Taronga Zoo for 25 years. Staff sat with her to assist and she said: 'I have no idea what I'm doing!' But a staff member showed her how to access videos of animals on the iPad and they had a giggle at some funny pet videos. Joan came across a video from Taronga Zoo and was quite excited as the staff on the video were people that she worked with at the Zoo and is still in contact with.

Every person has different IT skills and different interests, so staff worked with each person individually to help them learn at their level and explore things they are interested in.

Now that the Social Inclusion groups are returning, members bring their iPads to group, and search for knitting patterns, art and craft activities or listen to their favourite music. This also encourages other clients to give it a try.

While there are still restrictions on getting out and about, having access to an iPad has meant that our clients can still participate in life, communicate with others, and alleviate loneliness and social isolation.

The iPad project has been a very positive and fun experience for all involved.

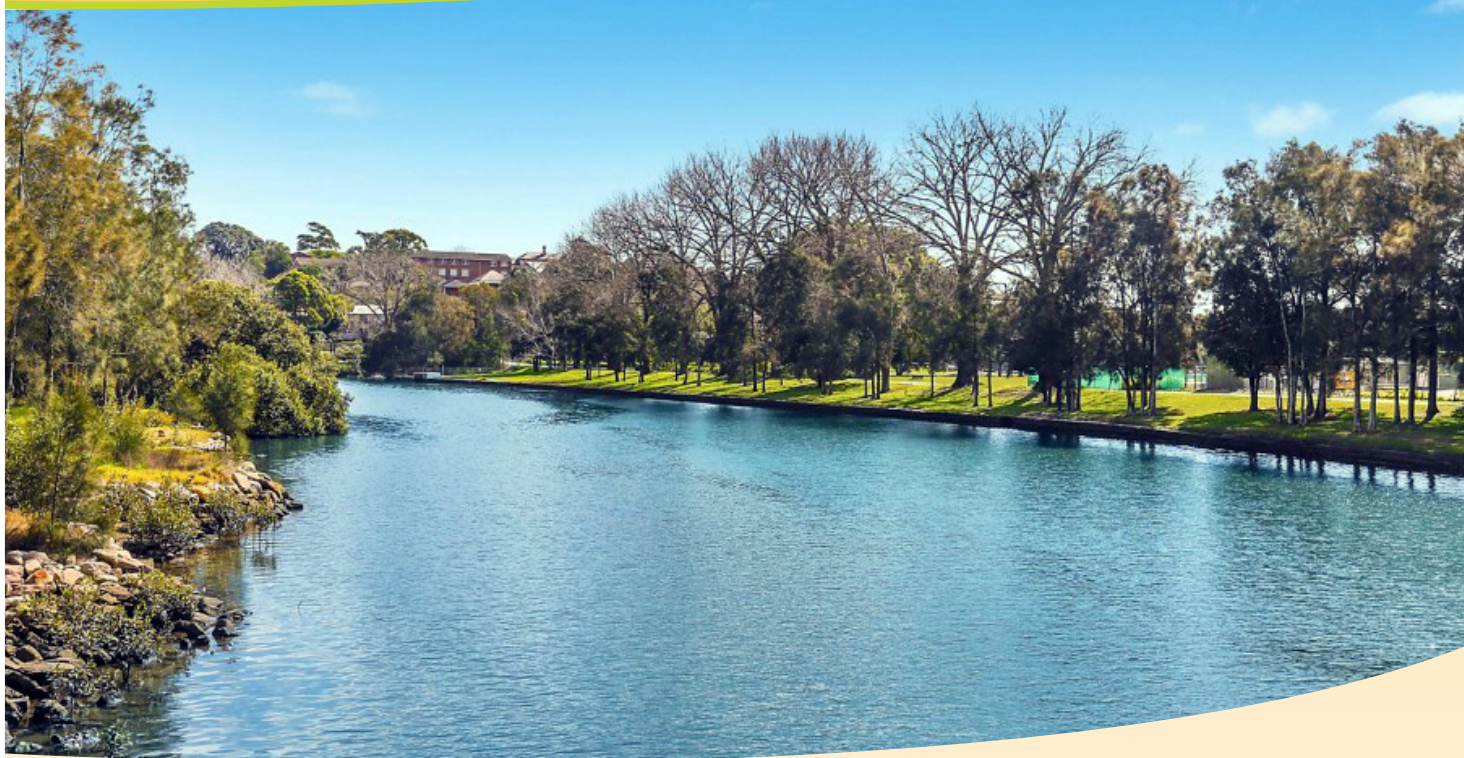
Doreen's War Medal

We're enjoying having our groups return and sharing their stories and a few laughs ... even though the numbers are smaller during Covid. We all got a thrill to see Doreen's Medal and Certificate presented to her, and those who served during WWII, on the 75th Anniversary of the end of the War.

Thanks Doreen for bringing it in and thank you for your service!

CELEBRATING NAIDOC WEEK 2020

Always Was, Always Will Be



NAIDOC Week celebrates the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. Join us at the 4cs for a cultural and bush tucker walk along the Cooks River with Terry Lennis.

When

Wednesday
11th November 2020
11:00 am and 1:30 pm

Where

Meet at Steel Park Waterplay park
Illawarra Road
Marrickville South NSW 2204

Bookings are essential and limited to people living or working in the Canterbury Bankstown and Inner West areas. Please call the Centre on 9750 9344 for enquiries or to book.

Please Note: The walk is for 1 hour and 30 minutes. Please wear comfortable shoes, bring water, a hat and sun protection. Walkers will be required to adhere to Covid-19 health, hygiene and physical distancing procedures.



**Always Was,
Always Will Be.**
8-15 NOV 2020

Bookings call Canterbury City Community Centre on 9750 9344



COMMUNITY PROGRAMS UPDATE

For the activities below bookings are essential so please call Canterbury City Community Centre 9750 9344 or 0412 270 811 to book your place. Numbers are limited.

School Holiday Activity for Girls aged 12 to 16 years.

In response to parents' requests for school holiday activities for their teenage daughters, these school holidays we will be trialling two sessions for girls aged 12 – 16 years. Run on a similar model to Lakemba Ladies Lounge, two local women will be running the different activities.

Henna Design 10 am – 12 pm
Thursday 1st October,
Facilitator: Uzma Rizwan

Macramé 10 am – 12 pm
Thursday 8th October,
Facilitator: Marina Khan

Get Your L's – A course helping women get their Learners License

In partnership with Canterbury Bankstown Council's Road Safety Officer Carol Debs we are excited to be running again this 5 week program to help women improve their knowledge of the rules and regulations to drive safely on NSW roads as well as prepare to sit the Driver Knowledge Test and get their Learner's License.

The previous course held earlier this year included Carol taking students

through the various chapters in the NSW Road Users Handbook and a series of guest speakers. In addition to improving their knowledge the women practised the test online to ensure they were familiar with the test questions as well as becoming familiar with using the computer to do the test. By the end of the course 4 women successfully got obtained their L License.

The course will be held for 5 weeks starting Friday 16th October from 10 am – 12 pm.

Canterbury Bankstown Emergency Relief Directory September 2020

To help assist people with emergency relief, Jacinta has compiled a comprehensive directory of organisations providing a range of emergency assistance including;

- food, community meals, low cost groceries and community pantries
- material aid ie household goods, clothing, etc
- financial support
- assistance paying bills

The directory is easy to read and advises **who** can help, **what** they offer, **where** they are, **when** they are available, and **how** to get in touch.

Call the Centre for a copy or download from our website www.4cs.org.au



Free English Classes for Women

With Covid-19 our English classes for Term 4 will be online using Zoom. You can access Zoom on your phone or laptop.

To find out more, book your spot or for assistance with Zoom, please call Romana on 0412 270 811 or email romana.waseem@4cs.org.au

Mum 2 Mum

Beginners/Intermediate English Conversation Class
Wednesday
14th October 2020
11:00 am to 12:30 pm then
every Wednesday for
9 weeks

Intermediate class with a focus on writing

Class Starts
Thursday 15th October
1:00 pm to 2:00 pm then
every Thursday for
9 weeks

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



Students in the Certificate II courses Graduation and were presented with their Certificates by Lakemba MP, Jihad Dib.



Canterbury City
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HOME CARE PACKAGES

Flexible Home Care Packages during the COVID Pandemic

As our Home Care Package program provides vital services to clients over 65 with high care needs, we have continued service throughout the pandemic. We have been putting our COVID Safe Plans into action and monitoring clients' health and contacts, as well as observing social distancing and hand hygiene.

Due to the pandemic, we have had to make some adjustments to our services, and staff have been very flexible in adapting and coming up with some creative ideas to support clients, while maximizing their safety.

Client Addie had been used to attending Social Support Groups and visiting club activities three times a week. These ceased with the pandemic and she was then spending more time at home with her family. Recently she has expressed an interest in getting out and about again.

After a discussion with her family, her care worker has been taking her on some wonderful outings – seeing the great outdoors and staying safe and away from the crowds. The care worker ensures that Addie sits in the back of the car, and hand sanitizer and

disinfectant wipes are available. They have been ordering food and enjoying picnics together. A favourite spot is the Riverwood Wetlands, where they sit at a picnic table, watch the diverse birdlife, and feed the ducks!

Their last outing was to Brighton-Le-Sands beach, where they enjoyed fish and chips while sitting on a bench overlooking the ocean. When she returned, Addie told her family what a good life she had!

Client Layla missed being able to participate in her usual social activities. Our care worker takes along crossword puzzles, some games, and some colouring-in books so that she is now able to have an enjoyable and stimulating morning, keeping her mind active and enjoying the company of the worker.

These are some of the ways our Home Care Package service is responding to the changing needs of clients due to the pandemic. Thanks to our caring and creative care workers for the flexible support they provide to our clients.

Museum of Contemporary Art Program for Clients

Four of our clients who are living with Dementia were offered the opportunity to participate in a Museum of Contemporary Art Program – Artful: Art & Dementia

Toolkit. The toolkit is a creative learning resource designed for people living with dementia, and their support network.

The toolkit features 10 artmaking activities and focuses on the following five themes: Paint to music; Printmaking; Continuous line drawing; Shapes and shadows; and Patterns around you.

The key benefits of the activities are exercising individual agency; building a sense of connection; encouraging conversation; encouraging memory recall; increasing confidence; using motor skills; and providing stimulation.

The MCA report that they have observed the impact that art and creative expression can have on participants during Artful, leading to improved self-confidence, wellbeing, and social cohesion. In early 2020, the MCA published a report from research conducted in collaboration with the Brain and Mind Centre at the University of Sydney and Dementia Australia on the program's impact on neuroplasticity and wellbeing for older people with dementia.

Clients' families were excited to receive this program and saw it as an opportunity both to spend quality time with their loved ones, while they got to participate in a meaningful, creative activity.

Thank you so much to the MCA for making this program free for some of our clients.

Personal Care in Bankstown Area Seeking New Clients

Just a reminder that our Personal Care Service is now up and running in the Bankstown Area and we are welcoming new clients.

We are now working with clients who require assistance with the activities of daily living such as support with eating, bathing/showering, toileting, dressing, grooming, getting in and out of bed, moving about the house and assistance with medication.

If you think that this service might assist you (or someone you know) please call My Aged Care on 1800 200 422.

If you would like further information please call 4cs on 9750 9344.

STARS UPDATE

During COVID-19

STARS has been busy supporting staff and volunteers during the pandemic with professional development offered in different ways.

80 people accessed online training funded by STARS through Altura on a variety of topics - safe food handling in the home, dementia - responding to behaviours, risk assessment in the home, lone working and personal safety, maintaining professional roles and boundaries.

With the move to online training we have also been providing training on how to use Zoom, which has proven to be very popular.

In addition to the above STARS have facilitated and supported a number of training sessions on Zoom in partnership with other organisations including with Jane Massa Older Persons Depression and Suicide Prevention, Older Persons Mental Health 'Get Connected Stay Connected' to support people learn how to facilitate a social group for older people using technology during Covid; Working with Boundaries;

Aged Care Quality Standards, as well as face 2 face accredited training on infection prevention and control training so staff can correctly handwash, handrub, apply personal protective equipment and implement cleaning procedures.

A 'Step into Volunteering' presentation to students from Sydney Community College studying for their Community Services Certificate was very well received.

It was great to be able to present face-to-face and the students had plenty of questions! STARS are taking this information session online, see below.

STARS Training Coming up via ZOOM

ACT! Emergency Preparedness Toolkit for Older People

Thursday 1 October 2020,
2:30 pm - 4:00 pm

This toolkit, developed by MOW in partnership with key emergency services, assists home support providers empower older people to make decisions about preparing for emergencies. Includes Tips for emergency preparedness conversations,

collecting client information & initial home visit, key messages, referral pathways and guest speakers.

Register your interest via email starstraining@4cs.org.au for this or future sessions.

Practical Tips for Managing Common Mental Health Conditions

Part 1 Thursday 22 October 2020
2:30 pm - 4:00 pm

Part 2 Thursday 29 October 2020
2:30 - 4:00 pm

Enquiries to Deb Helmrich at
starstraining@4cs.org.au

STARS Volunteering

Volunteer Coordinator Meetings

Volunteer Coordinator Meetings provide support for Volunteer Coordinators in not-for-profit services in the Inner West and Canterbury-Bankstown to connect and share ideas.

Meetings are held online every two months.

If you coordinate a program, and are interested in attending contact angela.gallard@4cs.org.au



Step Into Volunteering is going virtual!!

Have you thought about volunteering but didn't know where to start? Come to a virtual Step into Volunteering session on zoom and find out.

Among the topics we'll be covering are: What's important to know about volunteering, the process to become a volunteer, your rights and responsibilities as a volunteer and where to find opportunities in your local area.

Contact Angela 9750 9344 or angela.gallard@4cs.org.au for more information and to register your interest!

JOB SEEKER SKILL UP

English and Job Search Skills

This 10 week course will help you get ready to look for work.

Do you want to improve your English, learn how to write a resume and prepare for an interview, and gain other important job search skills?

Complete units from the Certificate II in Skills for Work and Vocational Pathways (FSK20119), gain confidence and learn more about the skills you need for a successful job search.

WHERE

Level 1
194-198 Lakemba St.
Lakemba

WHEN

Wednesdays, 9:30am – 2:30pm
14 October – 16 December 2020
10 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 our Information Session

Wednesday, September 23, 2020 at 10:00am
Level 1, 194-198 Lakemba St. Lakemba

You must bring these documents to enrol:

- Australian passport or citizenship document or foreign passport and visa documents or travel document or ImmiCard
- Centrelink Income Summary or benefits letter or health card
- NSW Driver's License or NSW Photo ID
- USI number (Unique Student Identifier) if you have one

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

Canterbury City Community Centre
ADDRESS 130 Railway Parade, Lakemba

Offered by Sydney Community College (RTO # 90054)
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